NMTech students serve Thanksgiving meal at Guma Esperanza. PAGE 2
CNMI sons complete Airborne Paratrooper course. PAGE 3

Hafa Adai!

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'IT'S TIME TO HEAL'

Torres, Sablan CONCEDE

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

With Lt. Gov. Arnold I. Palacios and his running mate, Saipan Mayor David M. Apatang, of the unified independent team, enjoying a commanding 1,060-vote lead in the runoff election based on the Commonwealth Election Commission's unofficial tabulation results, Gov. Ralph DLG Torres and his running mate, Sen. Vinnie Vinson F. Sablan, of the Republican Party, conceded defeat yesterday and declared that it's time to heal and come together. ***(See related sidebar)***

» **2,139 absentee ballots sent; only 315 back and counted so far**

In a joint statement with Sablan last night, Torres said he has spoken with governor-elect Palacios over the weekend and that they "shared a good, honest, and lighthearted conversation

See CONCEDE on Page 4

FERDIE DE LA TORRE

Lt. Gov. Arnold I. Palacios and his running mate, Saipan Mayor David M. Apatang, of the unified independent team, shake hands during an earlier press briefing.

Torres, Sablan statements

Following the results of the runoff election on Nov.25, 2022, Gov. Ralph DLG Torres and Sen. Vinnie Flores Sablan (R-Saipan) issued the following statements:

By RALPH DLG TORRES
SPECIAL TO THE SAIPAN TRIBUNE

This election certainly has been a wild ride and, on behalf of Sen. Vinnie F. Sablan and our families, we want to thank the many individuals who devoted so much to our

See TORRES on Page 4

CEC chairman Sablan is resigning

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Jesus I. Sablan, who chairs the Commonwealth Election Commission since 2018, disclosed Saturday that the Nov. 25 runoff election would be his final election year.

See CEC on Page 4

Sablan

Over 1,000 fewer voters in runoff

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The runoff election to determine the CNMI's next governor and lieutenant governor saw an over 88% turnout compared to the turnout just 16 days earlier during the 2022 general election, with over 1,000 fewer voters casting their votes.

According to the Commonwealth Election Commission

See OVER on Page 4

INSIDE

LOCAL
A total of 29 child care providers completed a training series on "Mind in the Making."

PAGE 5

HEALTH & WELLNESS
If you're a smoker, you may be at the point where you want to stop, but need a guide.

PAGE 14

LIFE & STYLE
Oscar, Golden Globe and Grammy winning singer-actress Irene Cara has died. She was 63.

PAGE 15

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

CONTRIBUTED PHOTO

Northern Marianas Technical Institute faculty and staff, including Ben Babauta, right, chef Inas Hocog, back left, Wendell Posadas, far left, along with Guma Esperanza's Lori Ogumoro next to Babauta, are seen with the Thanksgiving feast cooked up by six culinary arts NMTech students last Nov. 23 at the NMTech facility in Lower Base.

Attention CNMI Government Employees, Retirees and Surviving Spouses

It's Open Enrollment time

Open enrollment runs Monday, October 24 - Friday, December 09

Our goal is to provide you with access to the highest levels of care and support possible through our:

- Strong local presence, in partnership with Pacifica Insurance Underwriters, Inc.
- Comprehensive global resources and access to care
- 24/7 Member Service Support

Your health and safety are paramount.

- Visit our website listed below to view your Open Enrollment material and enrollment/ change of status form to help you choose the best plan for you and your loved ones
- Open Enrollment support is available by phone and in-person

Current Members: If you're satisfied with your current plan and coverage, you DO NOT need to submit an enrollment form.

- New GHLI-CNMI Members MUST complete an enrollment form and submit to your respective Agency.
- For Open Enrollment inquiries, contact Pacifica locally at: **670-234-6267** Monday — Friday, 8 AM-5 PM
- For non-OE related inquiries, contact our Member Service Center 24/7 at: **800-231-7729**

Websites to help you choose a plan:

- Aetna International: **www.AetnaInternational.com/cnmi-ghli**
- CNMI Dept of Finance: **https://finance.gov.mp**
- Pacifica Insurance Underwriters, Inc.: **www.pacificains.com/ghlit**

Deliver your Form and any required documentation:

- Active employees: to your respective Agency or Department of Human Resources
- Retirees and surviving spouses: to Pacifica located in the Joeten Shopping Center, Insatto St., Susupe

Open enrollment runs Monday, October 24 - Friday, December 09, 2022.

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Local

NMTech students serve Thanksgiving meal at the Guma Esperanza

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

The Culinary Arts students at the Northern Marianas Technical Institute served up a Thanksgiving meal to Karidat's Guma Esperanza shelter, or House of Hope, last Wednesday at the NMTech facility in Lower Base.

The six students who whipped up the feast were supervised by NMTech Culinary Arts instructor, chef Inas Hocog.

The full meal included ham donated by I Sanhalom Laguna Anglers Association, or ISLA, cooked with pineapple juice and brown sugar, mashed potatoes, sauteed vegetable medley with garlic, traditional stuffing, and a sauce made from ham au jus and pineapple juice.

"It's the holiday season and NMtech is giving back to the community. The NMtech culinary arts students have prepared a delicious meal to donate to Karidat and Guma Esperansa. The students started in August and in the three months have learned basic cooking skills. They participated in prepping the food for this event," said NMTech in a statement.

The event helps NMtech teach its students to give back to the community and pass on the knowledge that cooking is not only a career but an opportunity to bring the community closer by using their knowledge and skills in the kitchen.

This is the second time that NMTech lifted the shelter's women and children's spirits during the Thanksgiving season, with the first Thanksgiving meal cooked up last year.

NMTech Culinary Arts, with the experience of skilled chefs, teaches the fundamentals, foundations, and basics about the culinary industry.

For more information about NMTech, visit its Lower Base campus, call (670) 235-6684, or go to nmtechcnmi.org/.

The Guma Esparanza was established in September 2001 and is a shelter for battered women and their children.

Yap graduate student sets academic record in Tokyo

A Yapese who recently graduated with her master's degree in Environmental Studies was one of the top academic students who represented Sophia University's Graduate School of Environmental Studies at the recent main graduation ceremonies in Tokyo.

Darla Yatilman. APIC

Darla Yatilman, whose family is Yapese but was raised on Pohnpei, also had the second highest grade point average of all 2022 graduates of the Graduate School of Environmental Studies.

Yatilman is one of three students from the Micronesia region who are studying at Sophia's Graduate School of Environmental Studies. They are recipients of scholarships funded by Sophia University, the Association for the Promotion of International Cooperation, a private foundation based in Tokyo; and, the Micronesia Conservation Trust, with additional support from MCT's Bill Raynor Micronesia Challenge Scholarship Fund. Seven Micronesians have been recipients of this competitive scholarship.

"It has been quite the journey," noted professor Anne MacDonald, a senior Sophia University faculty member who worked closely with Yatilman and other Micronesians on the graduate school scholarship program. "I am so impressed with your commitment to higher learning, tenacity amidst all kinds of adversity—COVID-19, not being able to get to Japan, among other challenges—and your constant smile and positive spirit."

Yatilman's research centered on Marine Protected Areas in Pohnpei. Together with her host institution, the Conservation Society of Pohnpei, she collected data on fishing, agriculture, and agroforestry activities to understand current practices and how a Ridge-to-

See YAP on Page 4

CNMI sons complete Airborne Paratrooper course

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Saipan-born U.S. Army reservist Sgt. Jaymark De Guzman and U.S. Army reservist Sgt. Gerald Galang earned their wings after successfully completing the challenging U.S. Army Airborne Paratrooper course, which lasted three weeks from Oct. 20 to Nov. 11, 2022, in Fort Benning, Georgia.

The U.S. Airborne School, widely known as Jump School, conducts basic military parachutist training over the course of three weeks, in which soldiers will learn how to jump out of an aircraft, navigate by using a parachute, land safely on the ground, and move on to a combat objective.

De Guzman, 27, and Galang, 30, were among 150 to 200 soldiers in their class and are now among the few who have successfully completed the training, along with reportedly only two other soldiers from the CNMI: Terrence Leung and Edward Dela Cruz Jr.

CONTRIBUTED PHOTO

U.S. Army Sgt. Jaymark De Guzman poses with his diploma after completing the U.S. Army Airborne Paratrooper course, which lasted three weeks from Oct. 20 to Nov. 11, 2022, in Fort Benning, Georgia.

De Guzman, a physical education teacher at DanDan Middle School, said of his accomplishment: "I'd like to thank my wife, Ashley De Guzman, for continuing to support me as I progress in my military career and taking care of our home with our kids. As the spouse of a military personnel, I wanted to personally thank you for your time and commitment to our family. Also, I'd like to thank our unit, Echo [Company], for believing in us and always giving us the guidance to succeed in our military career."

Galang, a personal trainer at Gold's Gym Saipan, also thanked his wife and the Echo Company: "I want to thank my wife, Kristine Galang, for supporting me every time I leave for military training and holding down the fort as well as my unit, Echo Co., as always believing in me and having the confidence to send me to these specialty schools."

De Guzman, who has served six years in the U.S. Army, and Galang, who has served 11 years, both shared that it was a great accomplishment "and a relief that we are still alive. Not everyone can get off an aircraft alone and land safely without injuries. During our course we had about 60% pass and 40% fail due to injuries, safety violations, and jump refusals."

For those aspiring to one day face their fear of heights or accomplish the paratrooper course, they both said to "trust in the equipment, face your fears, and [keep your] feet and knees together! Everyone has a fear of heights or fear of falling but believe in yourself and trust in your training."

CONTRIBUTED PHOTO

US Army Sgt. Gerald Galang poses with his diploma after completing the U.S. Army Airborne Paratrooper course, which lasted three weeks from Oct. 20 to Nov. 11, 2022, in Fort Benning, Georgia.

BOOST Workforce Development Program unveiled

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

With the goal of helping interested individuals enter the workforce of their preference, the Office of the Governor announced last Tuesday the official opening of the CNMI BOOST Workforce Development Program.

Following the BOOST theme of Building Optimism, Opportunities and Stability Together, the Workforce Development Program is open to all individuals of legal working age and is designed to place those interested in private business sectors in an environment where they may receive the needed work experience.

Qualified individuals will have the opportunity to be placed in a variety of participating businesses whose expertise align with their personal interests and skills.

Registration for the program is open and physically located at the Bank of Saipan in Oleai. Officially started last Tuesday, Nov. 22, 2022, registration for the program has been officially extended.

When registering an individual must present a valid ID, birth certificates, or other proof of residency, and any training certificate. For more information or to download the trainee registration form go to www.boostcnmi.com or email workforce@boostcnmi.com.

Capital Hotel Is Latest ProaPerks partner

Capital Hotel is the latest to sign on as a Northern Marianas College ProaPerks partner, joining many other businesses and organizations. All card-carrying members of the NMC ProaPerks program can now receive a 5% discount on hotel room rates.

Companies and other interested organizations who would like to become part of the ProaPerks program and take advantage of the buying power of thousands of individuals that include NMC alumni, students, and employees, can find more information by emailing proaperks@marianas.edu. ***(PR)***

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REQUEST FOR PROPOSAL
NMC RFP 23-003
Construction of the New Student Center for the Northern Marianas College

The Capital Improvement Projects (CIP) office, Northern Marianas College, is soliciting competitive sealed proposals for the Construction of the New NMC Student Center. The RFP package will be available electronically on Monday, November 7, 2022. Interested proposers can email rfp23-003@marianas.edu. A non-refundable payment of one hundred dollars ($100.00) is required to obtain the electronic RFP Package.

Mandatory Preproposal Conference is scheduled on Monday, November 28, 2022, at 10:00am at the NMC Board of Regents Conference Room, Saipan Campus. Proposal Packages are due no later than **10:00 a.m., Friday, January 6, 2023, Chamorro Standard Time**, at the Northern Marianas College, As Terlaje Campus, Procurement Office, Bldg. P, Saipan, MP 96950. Article 7, "Local Business Preference", as amended by Public Laws 15-95 and as further amended by Public Law 15-118, is not available to local vendors in this procurement.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than Friday, December 2, 2022 at 4:00pm(ChST) to Christina Cruz, Interim Procurement Manager, christina.cruz@marianas.edu or rfp23-003@marianas.edu.

This project is 100% Federally Funded, US Treasury listed bonding is required.

This solicitation does not constitute an offer and does not obligate the College in any way. The NMC reserves the right to reject any and/or all proposals for any reason and waive any defect in said proposals, or cancel in part or its entirety this RFP, if it deems, in its sole discretion, it is in the best interest of the College. All costs incurred by the proposer to prepare a response to this solicitation and subsequent inquiries shall be borne by the proposer. All submittals shall become the property of NMC and will not be returned.

Northern Marianas College
Procurement & Property Management Office
P.O. Box 501250 CK, Saipan, MP 96950 U.S.A.
Tel: (670) 234-5498 ext. 6824/23/22 | Fax: (670) 235-7601
E-mail: ppmo@marianas.edu
www.marianas.edu

REPORTERS' NOTEBOOK

The manual counting of votes in the runoff election at the Pedro P. Tenorio Multi-Purpose Center in Susupe went smoothly, but not without drama. Palacios-Apatang's senior adviser, Pete Reyes, questioned Commonwealth Election Commission executive director Kayla S. Igitol as to why CEC commissioner Jonathan Christopher A. Manglona would allegedly use his cellphone after the counting of votes. Reyes also showed his cellphone with a photo of Manglona, who appears to be holding a pencil. Reyes said the commissioner could tamper the votes with the pencil.

But upon inquiring about the issue, Igitol said Manglona was indeed on his cellphone, but that he has a right to be on his phone. Igitol said Manglona was holding a pen and not a pencil. Igitol said it was CEC chair Jesus I. Sablan who was using a pencil. ***(Ferdie de la Torre)***

■■■

Former Democratic Party chair Daniel Quitugua was seen joining supporters of Gov. Ralph DLG Torres-Sen. Vinnie Vinson F. Sablan doing a roadside waving across Hopwood School in Chalan Piao Friday afternoon. Quitugua refused to comment. After the Democratic Party's gubernatorial bets Reps. Christina Marie E. Sablan (D-Saipan) and Leila F. Staffler D-Saipan) were defeated in the Nov. 8 general elections, Quitugua retired from the Democratic Party and later endorsed the candidacy of Torres-Sablan for the runoff race. ***(Ferdie de la Torre)***

■■■

This was my first runoff election and, man, was it wild! Compared to the regular general election, I noticed that the runoff election resulted in a lot of aggression. I don't mean just physical aggression, but also in campaigning.

During the runoff election, hardcore party supporters literally blew up conversations, social media posts, newspaper articles, and more just to trash the opposite party.

I'm a firm believer of "to each their own" but I just remember thinking that, at the end of the day, when this election is over, everyone is related or acquainted in one way or another and how lot of bridges were definitely burnt this election season. ***(Kimberly B. Esmores)***

A longer version of this story is available at www. saipantribune.com

TORRES

From Page 1

campaign. Our hearts are full of love for all of the supporters who rallied behind us and our party. Words can never fully capture the appreciation we feel to all those who put their time, effort, and hearts into this election, but we want them all to know that they will always have our love and respect for their good, honest, and amazing work over these past months.

I want to also send my appreciation to the staff and leadership of the Commonwealth Election Commission, who conducted a free, fair, and open runoff election despite the short window for preparation. We have received the numbers over the weekend, and the CNMI will see its newest governor take this honorable position in January.

I have spoken with governor-elect Arnold Palacios over the weekend, and we shared a good, honest, and lighthearted conversation about our campaigns, our relationship, and the path forward for our Commonwealth. He and lieutenant governor-elect David Apatang ran a hard campaign, but through it all, come January when Gov. Palacios takes his oath of office, he will be my governor and I will give him the respect both he and the position deserves.

That is what democracy is about. In elections there arises divisions as we put our names forward to do the incredibly difficult task of leading our islands, but when the people speak and place their confidence in an individual to serve, we must respect their voices, join together, and continue to work to bring our islands forward toward prosperity. The future we worked so hard to achieve demands nothing less.

Sen. Vinnie and I ask all of our supporters to extend your talents and hearts to this new cause of serving our community with one spirit and heart. Unity and a common purpose for a brighter Commonwealth is what is needed in the years ahead. There will be challenges, just as there have been over the course of my administration, and I know firsthand how important it is that we join together to address them. I have faith that governor-elect Palacios will take the responsibilities of this position with honor and dignity, and I will do whatever I can to ensure he can continue the work we began together four years ago.

Looking back over my time as governor only fills me with joy and appreciation. For every challenge we faced, there were more signs of hope. We made it through some of the most difficult times our islands have faced and came through it all stronger. I will be forever grateful for the friendships, memories, and partnerships we have built. Serving you in this community has been the opportunity of a lifetime and has been one that has made me a better, more resilient, and more compassionate person.

We want to once again thank the thousands of supporters that gave us their vote of confidence across Saipan, Tinian, Rota, the Northern Islands, and those abroad, and thank you to all who call the CNMI home for what you all do individually to make these islands a better place.

A longer version of this story is available at www. saipantribune.com

CONCEDE

From Page 1

about their campaign, their relationship, and the path forward for the Commonwealth."

"He and lieutenant governor-elect David Apatang ran a hard campaign, but through it all, come January when Gov. Palacios takes his oath of office, he will be my governor and I will give him the respect both he and the position deserves," Torres said.

To Palacios and Apatang, Torres said he has the utmost respect for both of them and wish them the best of luck during their tenure as governor and lieutenant governor.

Sablan said it has been quite a journey, but nonetheless, the work must go on, and they must continue to do great things for the people and the Commonwealth. "This campaign season has come to an end, and it is now time heal and come together to rebuild the relationships that may have been broken," the senator said.

Palacios and Apatang ended with 838 votes behind Torres and Sablan during the Nov. 8 general elections, but they came galloping through the runoff election Friday by posting a commanding 1,060 lead based on CEC's unofficial tabulation results. With only some absentee votes remaining to be counted on Dec. 9, it's mathematically improbable for the Torres-Sablan to catch up.

According to CEC unofficial tabulations results, Palacios-Apatang garnered a total of 7,077 votes, or 54.05% of the total votes counted, while Torres-Sablan received a total of 6,017 votes, or 45.95%.

CEC executive director Kayla S. Igitol, in an interview shortly after they completed the manual counting of votes early Saturday morning, disclosed that they sent 2,139 absentee ballots and that 315 have already been returned and tabulated.

Igitol said the CEC board will have to wait on Dec. 9 when they will count the remaining absentee votes that should be postmarked Nov. 25, Saipan time, to certify the tabulation results. She said they have no estimate as to how many votes will come back with Nov. 25 postmarked on or before Dec. 9.

Igitol said it was a smooth runoff election as they did not have major issues, except when some supporters were not complying with the 300-foot distance from the polling site.

"But other than that, there were no major issues," she said.

It was a thrilling runoff election as Igitol first announced Friday at 11:45pm the unofficial tabulation results of the early voting on Saipan, Tinian, and Rota, in which Torres-Sablan received 3,698 votes, while Palacios-Apatang obtained 3,219 votes.

Torres-Sablan's 479 lead, however, was whittled down as the unofficial tabulations results from the runoff election day were announced.

Palacios-Apatang first tasted the lead (129 votes) after they obtained 325 votes from Precinct 2 runoff election day, while Torres-Sablan got 155.

Palacios-Apatang's lead further widened as more runoff election day results were counted. Palacios-Apatang's lead reached 1,078 after they received 691 votes from Precinct 5 runoff election day, while Torres-Sablan got 430.

A longer version of this story is available at www. saipantribune.com

CEC

From Page 1

Sablan, 74, told *Saipan Tribune* in an interview shortly after they completed the counting of the runoff race votes that he still has three years and six months left on his term, but that he will resign after this runoff election due to health reasons.

The CEC has until Dec. 9 to count the remaining absentee votes for the runoff race between Gov. Ralph DLG Torres and his running mate, Sen. Vinnie Vinson F. Sablan (R-Saipan), of the Republican Party, and Lt. Gov. Arnold I. Palacios and his running mate, Saipan Mayor David M. Apatang, of the unified independent team.

Sablan said he will submit his resignation letter to Torres most likely either by the end of the year or in early January 2023.

The chairman said he wants to help CEC assist the Legislature revamp some of the CNMI's election laws to make it easier and better for future CEC commissioners.

Before his term expired last July 21, 2022, Sablan informed Torres and his fellow CEC commissioners that he won't be accepting any reappointment to the post for personal reasons. But with no CEC commissioner interested to serve as board chairman, Sablan reconsidered his decision and accepted his reappointment for another four years as commissioner.

The chairman said Saturday that he accepted his re-appointment as he was afraid that, if he did not, this 2022 elections might be jeopardized.

The CEC was heavily criticized by many politicians and netizens after the tabulations of results in the Nov. 8 general elections were completed after 21 hours.

Sablan has been a CEC commissioner, representing Saipan and the Northern Islands, for 15 years. He has served as chairman of the CEC board since 2018.

OVER

From Page 1

website, roughly 13,094 votes were cast in the runoff election, not including the rest of the absentee votes expected to arrive on Dec. 9.

However, during the general elections held last Nov. 8, 2022, a total of 14,750 votes were cast. This means roughly 88.7% of those who came out to vote during the general election came to vote in the runoff election That is about 1,656 fewer voters.

According to CEC executive director Kayla Igitol, the overall turnout for the runoff election was good.

"The voter turnout was pretty good—nearly same as the general election. We had a lot of voters come out and voting," she said.

However, compared to the number of registered voters in the CNMI, the runoff election saw only a 67.9% turnout while the general election saw about a 76.5% turnout. The CNMI currently has 19,275 registered voters.

Precinct 5

In related news, hundreds of Precinct 5 voters went to ChaCha Oceanview Middle School to cast their votes and make their voices heard. Roughly 800 Precinct 5 voters came out to cast their votes as of 4pm press time.

According to one voter who requested anonymity, he said he voted in the general election and he voted in the runoff election to ensure that his voice was heard.

"If we want our voice to be heard, we must stand up and fight for it. Coming out to vote in both the general election and the runoff election is my way of fighting for what I believe in because every vote counts. At the end of the day, at least I know that I did my part to fight for the administration I believe in," he said.

Precinct 4

Precinct 4's voting area at the Legislature was very laidback, with a consistent number of voters coming in throughout the day, ranging from eight to 23 voters per hour. The largest number of voters for Precinct 4 was at around 8am to 9am, with 23 constituents coming in to cast their votes.

At around 4pm press time, Precinct 4 saw about 150 voters in total.

"Just like the general election, Precinct 4 was very laidback. We didn't face that many problems and we didn't have that many complaints," said Precinct 4 poll worker Malia Johnson.

YAP

From Page 2

Reef approach might enhance the planning and management of these MPAs in the future.

Yatilman is the daughter of Andrew Yatilman, FSM secretary of the Department of Environment, Climate Change and Emergency Management, and Gerethy Yatilman, originally from Yap and now living in Pohnpei. She graduated from Xavier High School in Chuuk, FSM, and earned an undergraduate degree from Wheeling Jesuit University in the United States.

Darla Yatilman has returned to Pohnpei and will be working as a fellow with the Conservation Society of Pohnpei, for at least a year. The fellowship program, which is funded by the U.S. Department of Interior, is an initiative by MCT and its partners to help bring back young conservation graduates/champions to Micronesia. These fellowships are offered to allow the host institution time to find ways to permanently fund the graduate students when they complete their studies. It is MCT's hope that Darla Yatilman, with her gained knowledge and expertise, will help the Conservation Society of Pohnpei with its work to improve Pohnpei's protected areas network. ***(APIC)***

Child care providers complete 'Mind in the Making' training

A total of 29 child care providers completed a training series on "Mind in the Making: Seven Essential Life Skills" last Nov. 12, 2022, at the Evergreen Learning Training Center in Chalan Kanoa.

The child care providers were from Golden Harvest International School, Loving Hands Daycare, R&EQ Day/Night Child Care Center, Smart Start Daycare, and St. Joseph Tinian.

These training sessions were facilitated by Evergreen Learning Training and Development specialist Grace M. Mallari, together with Rayanna Fitial, Science of Early Learning administrative assistant.

"Mind in the Making" is a program of the Bezos Family Foundation that shares the science of children's brain development and learning through innovative in-depth training and materials geared for action. Each Mind in the Making module includes learning goals and outcomes, research videos of leading child development experts, practical teaching tips, and activities that providers complete individually, with a partner, or in small groups.

The "Mind in the Making" Training Module consists of seven essential life skills that are based on the executive functions of the brain. They bring together social, emotional, and cognitive capacities to solve and achieve goals. Studies have found they are critical to success in school and life. The seven essential life skills of Mind in the Making are focus and self-control, perspective taking, communicating, making connections, critical thinking, taking on challenges, and self-directed, engaged learning.

A total of 29 child care providers from Golden Harvest International School, Loving Hands Daycare, R&EQ Day/Night Child Care Center, Smart Start Daycare, and St. Joseph Tinian complete a training series on Mind in the Making–Seven Essential Life Skills last Nov. 12, 2022.

CONTRIBUTED PHOTOS

The first cohort that successfully completed the training include Doreen Descartin, Elizabeth Tabora, Jane Bernadette Santos, Jennette Ramos, Carola Espiritu, Loreville Clitar, Guadencia Corilla, Mylene Macapagal, Mary Grace Billedo, Leonora Pelaez, Jeanne Salcedo, Novelita Galvez, Emma Belarde, Mariecris Cruz, and Ma. Corazon Cepeda. MITM for Providers Cohort 2 consisted of Jocelyn Hornilla, Maria Catalan, Faith Nalam, Joyce Gragasin, Rhona Martinez, Alicia Espinol, Elizabeth Capili, Cipriana Jumamoy, Daniel Delos Santos, Sharmaine Tebia, Edmond Banayat, Carmela Valdez, Rowena Bernardo, and Margie Hernandez.

This training was funded by the U.S. Department of Health and Human Services, Office of Child Care, and CNMI CCDF Program under the Department of Community and Cultural Affairs. ***(PR)***

COMMONWEALTH PORTS AUTHORITY

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REQUEST FOR PROPOSAL

PROFESSIONAL SERVICES TO UPDATE THE COMMONWEALTH PORTS AUTHORITY FIRE SERVICE CERTIFICATION PROGRAM

PROJECT NO. CPA-RFP-002-23

Notice is hereby given that the Commonwealth Ports Authority (the "CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for awarding a contract to provide professional services in updating the CPA Fire Service Certification Program. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and or products that cannot be evaluate by cost alone (NMIAC § 40-50-225 (a)). The Scope of Work and other considerations will be available for pick up beginning November 07, 2022, upon payment of $100.00 in cash, cashier's check or certified check to the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport.

Questions and/or clarifications may be directed in writing to Christopher S. Tenorio at chris.tenorio@cnmiports.com with copy to Frederick Pangelinan at fpangelinan @cnmiports.com. All questions and/or clarifications shall be received no later than November 21, 2022. CPA will not entertain questions and/or clarifications after November 21, 2022.

Proposals will be received at the Office of the Executive Director, Commonwealth Ports Authority, 2nd Floor-Arrival Building, Saipan International Airport no later than 4:30 P.M. LOCAL TIME, DECEMBER 07, 2022. Proposals received after the date/time indicated above will not be opened and will be returned to the Proposer.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest. All proposals shall become property of the Commonwealth Ports Authority.

FOR THE COMMONWEALTH PORTS AUTHORITY

CHRISTOPHER S. TENORIO
Executive Director

November 07, 2022

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EARN PACIFICPOINTS
IT&E

Pacific Media Institute plans Majuro communications summit

Majuro will be the venue for a first-of-its-kind Pacific summit on communications and democracy early in the new year, organizers announced recently. The Marshall Islands Summit on Democracy: Public Engagement, Communications and the Media is scheduled for Feb. 23-27, 2023 on Majuro Atoll, capital of the Republic of the Marshall Islands.

The Pacific Media Institute, a locally incorporated nonprofit organization, is hosting the unusual conference, which will bring together the nation's political and government leadership; national media executives; students at College of the Marshall Islands and the Majuro campus of the University of the South Pacific; and senior journalists from across the Pacific.

In a show of strong support for the summit, the Republic of China (Taiwan) Embassy donated $20,000 to support hosting of the Summit on Democracy. Taiwan Ambassador Steve C.C. Hsia presented a check for this amount to Pacific Media Institute representatives last week at the office of Marshall Islands President David Kabua who, together with Marshall Islands Parliament Speaker Kenneth Kedi, has endorsed the summit.

HILARY HOSIA

Taiwan Ambassador to the Marshall Islands, Steve C.C. Hsia, center, presents a $20,000 check in support of a Summit on Democracy to be held in Majuro early next year to representatives of the Pacific Media Institute Daniel Kramer, left, and Giff Johnson. Joining them in support of the initiative are, from left back: Nitijela Speaker Kenneth Kedi, President David Kabul, and presidential adviser Fred J. Pedro.

"We greatly appreciate the ROC/Taiwan's strong support of democracy and its willingness to commit funding in support of the success of the next year's Summit on Democracy," said PMI representative and Marshall Islands Journal editor Giff Johnson. "This is the first media freedom advocacy initiative of its kind in the Marshall Islands."

The Pacific Media Institute launched Project Democracy this year, a multi-event program to encourage voting and active political debate.

"Our Constitution's Bill of Rights enshrines media freedom and freedom of expression," said Kabua. "These are important rights for all of us to enjoy and protect. Because of this, I am happy to lend my support to Pacific Media Institute for the Summit on Democracy with government leaders and representatives of the media in early 2023. Greater understanding and appreciation of these important issues is fundamental to sustaining our democracy."

"I am delighted to endorse the initiative by the Pacific Media Institute to organize the first Summit on Democracy: Public Engagement, Communications and the Media," added Kedi. "Media freedom is an essential part of any functioning democracy. I appreciate our media reaching out to RMI government leaders to discuss these important issues, particularly in an election year."

The summit will focus on the role a free press plays in strengthening democracy in the Pacific Islands. The summit's tentative program includes a vigorous discussion on democracy and the news media with elected national leaders, breakout sessions on challenges facing the news media in the Marshall Islands; and workshops for government and NGO public information officers and students.

The Pacific Media Institute, which will mark its first anniversary in February 2023, is aiming for the following outcomes from the summit:

- Increased awareness and acknowledgement of the fundamental role of the news media in a democracy by government leaders, with an emphasis on the national election to be held in late 2023.
- Training for government and NGO public information officers in writing, deadlines, and understanding what is news and what is not.
- Raised youth and community awareness of the important role of media, democracy advocacy, and election participation through PMI's Project Democracy outreach events during and after the summit featuring regional media experts participating in the summit. ***(PMI)***

EARTHQUAKE BRIEFS

4.9-magnitude quake northeast of Saipan

At 11:10pm on Nov. 26 2022, a report of a 4.9-magnitude earthquake occurred 258 kilometers northeast of Saipan in the Northern Mariana Islands. Currently, there are no tsunami warnings or advisories issued by the Pacific Tsunami Warning Center. For more information, please contact the CNMI EOC State Warning Point at (670) 237-8000. ***(PR)***

5.6-magnitude quake in Pagan region

At 4:05pm on Nov. 26 2022, a report of a 5.6-magnitude earthquake occurred 18.711°N 146.963°E in the Pagan region, Northern Marianas Islands. Currently, there are no tsunami warnings or advisories that were issued by the Pacific Tsunami Warning Center. For more information, please contact the CNMI EOC State Warning Point at 670-237-8000. ***(PR)***

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 • FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR QUALIFICATION STATEMENTS FOR CONSTRUCTION MANAGEMENT SERVICES

BENJAMIN TAISACAN MANGLONA INTERNATIONAL AIRPORT AIRCRAFT PARKING APRON REHABILITATION

AIP 3-69-0003-34/XX

The Commonwealth Ports Authority's (CPA) is a public corporation and autonomous agency of the Government of the Commonwealth of the Northern Mariana Islands (CNMI). In accordance with its Procurement Rules and Regulations, CPA hereby seeks the services of qualified consulting firms to provide Construction Management Services for the Benjamin Taisacan Manglona International Airport Aircraft Parking Apron Rehabilitation Project, AIP 3-69-0003-34/XX.

The project is being funded by U.S. Federal Aviation Administration in accordance with CPA's Procurement Rules and Regulations, Section 40-50-202, Architect-Engineer Design and Construction Management Services.

The Request for Qualification (RFQ) Package is available at CPA's Administration Office, 2nd floor of the arrival terminal at the Francisco C. Ada/Saipan International Airport. No fee is required for obtaining the RFQ package. Electronic copies may be made available upon written request to Ms. Wendi Prater at wprater@cnmiports.com or Ms. Sheri Llagas at receptionist@cnmiports.com.

Questions regarding this request for qualification statements must be submitted in writing to Ms. Wendi L. Prater, CPA Executive Assistant/Project Manager, via email to wprater@cnmiports.com or hand delivered to the CPA Administration Office by no later than 5:00 p.m. CHST, local time, Friday, December 16, 2022.

The statements of professional qualification will be evaluated based on the criteria available in the RFQ package.

Interested Consultants are requested to submit one (1) original, four (4) copies and one (1) electronic version in .pdf of their statements of professional qualifications no later than **5:00 p.m. CHST, WEDNESDAY, DECEMBER 28, 2022**. Statements of qualification must be presented by a combination of both brochures and the use of current U.S. Government Standard Form 330.

The CPA reserves the right to reject any or all statements of professional qualification for any reason, if in its sole opinion to do so would be in its best interest

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date: November 22, 2022

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

DEVELOPMENT OF ECHO DOCK PORT OF SAIPAN CPA RFP NO. CPA-RFP-010-2022 (CPA CONCESSION NO. SEA 2022-01)

The Commonwealth Ports Authority ("Authority") is inviting qualified developers and their development teams to submit sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for the development of Echo Dock, which is situated north of the Port of Saipan. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the Authority because the Authority wishes to acquire services and products that cannot be evaluated by cost alone. This RFP is being issued pursuant to NMIAC § 40-70-205.

The RFP Package is available beginning Wednesday, August 31, 2022, at the Authority's Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of a non-refundable administrative fee of $200.00. Payment shall be made in cash, credit card, cashier's check, or U.S. postal money order payable to the Commonwealth Ports Authority. Other than this administrative fee, proposers are not required to submit a prepaid minimum concession fee.

The Authority will hold a briefing for interested parties at 10:00 a.m. on Friday, September 16, 2022, to explain the Authority's development objectives, the RFP process, and to answer questions. The meeting will be held at the Authority's Seaport Conference Room, George Fleming Building. All potential applicants are encouraged to attend but it is not mandatory.

All proposers are requested to pay attention to the following significant dates and times:

Date RFP Package becomes available	August 31, 2022 (8:00 AM)
Date of RFP briefing meeting	September 16, 2022 (10:00 AM)
Deadline to submit Notice of Intent	September 28, 2022 (4:00 PM)
Deadline to submit Statement of Qualifications	October 13, 2022 (4:00 PM)
Notification of qualified applicants of the RFP	October 28, 2022
Deadline for RFP submission	November 30, 2022 (4:00 PM)

Qualified proposers shall submit their sealed proposals to the "CPA Evaluation Committee" and mark the outside cover of its submittal as follows: "RFP Proposal: Confidential - Development of the Echo Dock, Saipan (RFP-010-2022)." Five (5) hard copies and one electronic copy on CD, DVD, or flash drive of the proposal must be submitted no later than **4:00 p.m. CHST, Wednesday, November 30, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the proposal submittal deadline shall be returned to the proposer unopened. The Authority reserves the right to reject any or all proposals submitted if sufficient justification exist that awarding the project would not be in the best interest of the CPA.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date 8/26/2022

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BID
CUC-IFB-23-005

Sewer Main and Manhole Replacement Project (Tanapag, Capitol Hill and Oleai)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Sewer Main and Manhole Replacement (Tanapag, Capitol Hill and Oleai) in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of the installation of gravity sewer main, new service laterals, connection to existing service laterals, and the installation of sewer manholes.

The project is funded by a grant from the Additional Supplemental Appropriations for Disaster Relief Act (ASADRA) and CUC. The award of this project is contingent upon receipt of approval for project award from ASADRA.

CUC requires the project to be completed in **365 calendar** days from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **December 6, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-23-002, Sewer Main and Manhole Replacement Project (Tanapag, Capitol Hill and Oleai)"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on December 20, 2022,** at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on December 8, 2022** to Mr. Manny B. Sablan, CUC's Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, Acting Chief Engineer for Water/Wastewater via email at larry.manacop@cucgov.org, Joel Puyat, Water/Wastewater Engineer via email at joel.puyat@cucgov.org and Ms. Christie L. Sablan, Procurement & Supply, Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

SAIPAN VISIT U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

An 822nd Base Defense Squadron and 23rd Security Forces Squadron team uses a radio and discusses upcoming A-10C Thunderbolt II arrival at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. This team provided security for air assets visiting Saipan during a Pacific Air Forces Dynamic Force Employment exercise.

Five 23rd Air Expeditionary Wing airmen push an A-10C Thunderbolt II into position at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. 23rd AEW and ARFF members learned from shared aircraft familiarization and first responder emergency procedure training.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

Two A-10C Thunderbolt II aircraft fly over the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands last Nov. 7, 2022. These 23rd Air Expeditionary Wing aircraft deployed to the Indo-Pacific region in support of a Dynamic Force Employment exercise designed to continuously evolve the ways the U.S. organizes and employs forces to increase interoperability among joint, Allied and partner nation members.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

U.S. Air Force senior airman Austin Byrne, 74th Fighter Squadron dedicated crew chief, left, and a Francisco C. Ada/Saipan International Airport fuels technician work together to refuel an A-10C Thunderbolt II last Nov. 7, 2022. Training alongside allies and partners during Dynamic Force Employment operations enhance U.S. lethality and interoperability, allowing multilateral forces to counter military aggression and coercion by sharing responsibilities for common defense.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

Edward Dela Cruz Jr., Aircraft Rescue and Firefighting member, shakes hands with Capt Peyton Wilkie, 74th Fighter Squadron pilot, at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

U.S. Air Force Maj. Justin Bateman, 822nd Base Defense Squadron commander, assists an Airport Rescue and Firefighting cadet onto a C-130J Super Hercules at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

An Airport Rescue and Firefighting cadet discusses A-10C Thunderbolt II flight controls with a 74th Fighter Squadron pilot at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022.

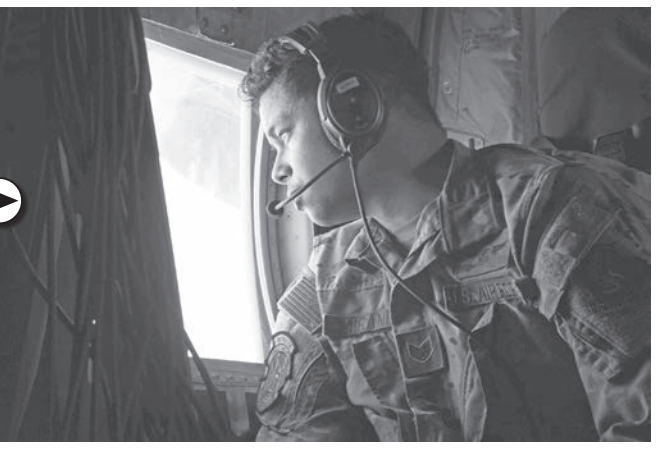
U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

A 74th Fighter Generation Squadron weapons troop discusses A-10C Thunderbolt II munitions and loading with Aircraft Rescue and Firefighting cadets at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. Deployed airmen throughout the Pacific Air Forces area of responsibility continuously look for opportunities to train alongside allies and partners to enhance interoperability and bolster the collective ability to support a free and open Indo-Pacific.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

Edward Dela Cruz Jr., center, Aircraft Rescue and Firefighting member, discusses ARFF job opportunities with 23rd Air Expeditionary Wing airmen at the Francisco C. Ada/Saipan International Airport on Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. 23rd Air Expeditionary Wing and ARFF members learned from shared aircraft familiarization and first responder emergency procedure training.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE



U.S. Air Force Staff Sgt. Joshua Miranda, 36th Airlift Squadron loadmaster, looks out the window of a C-130J Super Hercules near Saipan, Commonwealth of the Northern Mariana Islands, Nov. 7, 2022. This aircraft transported 23rd Air Expeditionary Wing contingency location airmen to provide airfield security and refueling support for two A-10C Thunderbolt II aircraft during a Pacific Air Forces Dynamic Force Employment exercise.

U.S. AIR FORCE/1ST LT. CHRISTIAN LITTLE

Opinion

Hafa Adai!
Saipan Tribune
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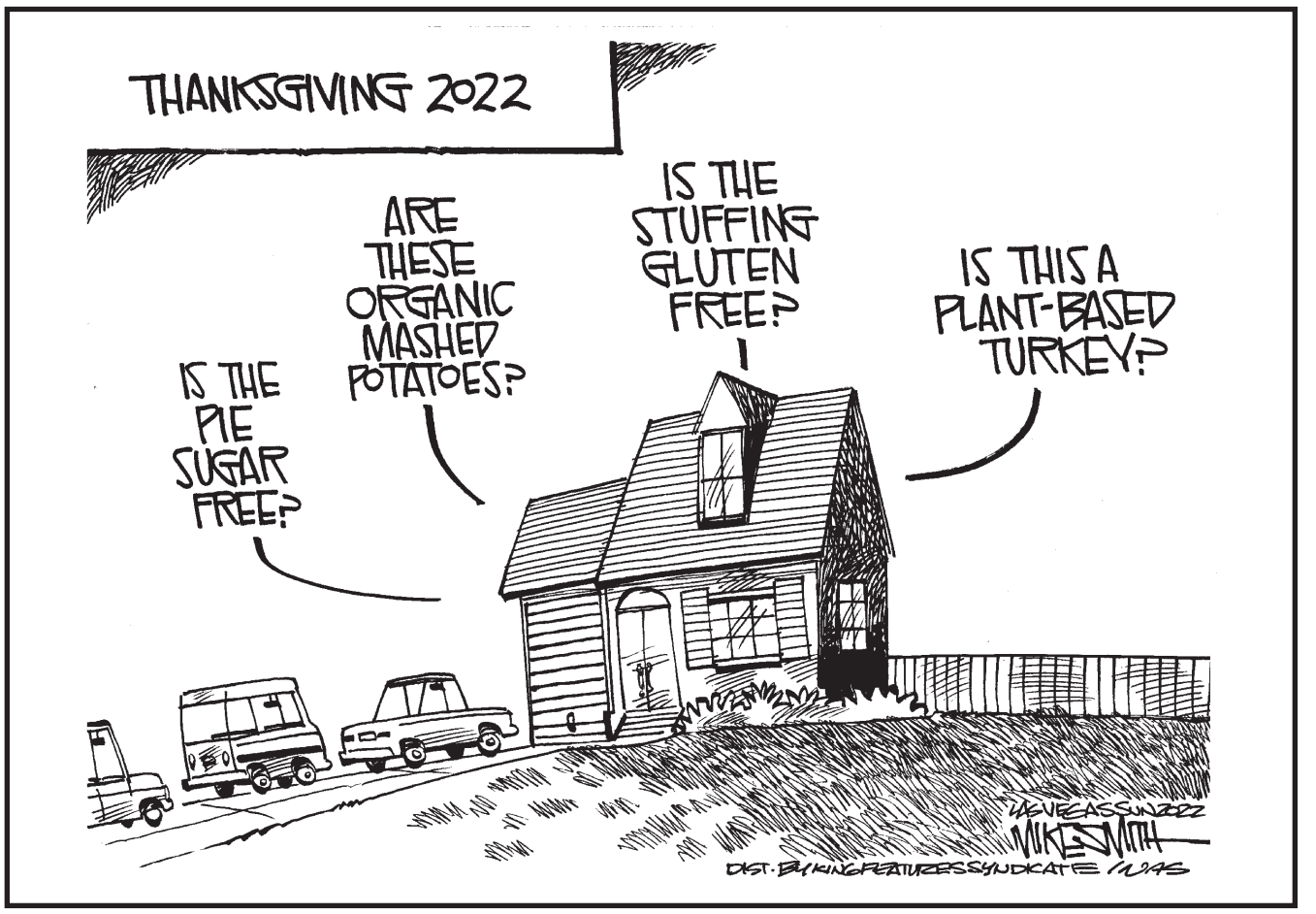
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR
editor@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

MEMBER

The Associated Press | Pacific Islands News Association


THANKSGIVING 2022
IS THE PIE SUGAR FREE?
ARE THESE ORGANIC MASHED POTATOES?
IS THE STUFFING GLUTEN FREE?
IS THIS A PLANT-BASED TURKEY?
MIKE SMITH
DIST. BY KING FEATURES SYNDICATE

EDITORIAL

10 years of limbo. DACA recipients need permanent relief now

One of the few issues most Americans can agree on when it comes to the thorny topic of immigration is that longtime residents who were brought into the United States illegally as children should be granted permanent status. Congress should seize the opportunity during the lame-duck session to pass such legislation before the end of the year.

With the Deferred Action for Childhood Arrivals policy in peril in federal court, California Sen. Alex Padilla has joined other Democratic senators to corral support to pass bipartisan legislation after Thanksgiving that would provide a permanent solution for these immigrants whose fates have been in limbo for years. Legislation could be a stand-alone bill or language attached to a must-pass government spending bill. Either way, such legislation would need the support of at least 10 Republicans and all 50 Democrats to pass. Padilla, who heads the Senate Judiciary Subcommittee on Immigration, Citizenship, and Border Safety, is appealing to common sense, making the case to Republicans that offering permanent residency to immigrants who've lived in the country most of their lives and work in essential jobs boosts the economy.

It's a last-ditch effort to resolve a problem that's hounded legislators for decades. There's a short window of opportunity before Republicans take over control of the House, closing the door for at least two more years on any permanent fix. The House passed a bill to give "Dreamers" legal status in 2021. It's time for the Senate to approve the legislation, which would allow it to reach President Joe Biden's desk soon.

President Barack Obama created DACA by executive order in 2012 after Congress failed to pass a bill that would have offered young immigrants who met certain requirements the opportunity for legal residency. DACA has allowed more than 800,000 young immigrants in the U.S. to live, work and travel legally, but it was intended to be a temporary solution. It has survived legal challenges, but its fate will now be decided by a U.S. district judge who earlier had ruled in a lawsuit filed by several states led by Texas arguing that DACA is illegal. The U.S. Court of Appeals for the 5th Circuit has sent the case back to the judge for a final resolution.

Instead of waiting for the resolution of that federal court case, Congress must find a way to offer permanent relief to the immigrants we've come to know as Dreamers, who are thoroughly American and have built lives here as college students, entrepreneurs, essential workers and valued members of every community.

Is this a long shot? Perhaps, but now would be a good time to remember that the original Dream Act was introduced in 2001 by Utah Republican Sen. Orrin Hatch and combined elements of two bills sponsored by Democratic and Republican legislators. The Dream Act's initial bipartisan support eroded dramatically in

See LIMBO on Next Page

Russia's mass abductions are genocide

By ANDREAS KLUTH
Bloomberg Opinion

Andreas Kluth is a Bloomberg Opinion *columnist covering European politics. A former editor in chief of* Handelsblatt Global *and a writer for the Economist, he is author of* Hannibal and Me.

We can unearth the mass graves left in Ukraine by retreating Russian troops. We can talk to the Ukrainian survivors of rape and torture, the mothers of fallen soldiers, and the millions who live in constant fear of Russian bombing and terror. But we can't contact the Ukrainian women and children whom the invaders have abducted and taken far into the interior of Russia. They are the war's invisible victims—and will remain so even after a truce, whenever it comes.

As of this summer, the Russians had forcibly deported between 900,000 and 1.6 million Ukrainians—mainly women—from the Ukrainian territories they occupied, including some 260,000 children. Those numbers have grown since then. Just during the Russian retreat from Kherson, for example, the attackers moved perhaps another 60,000 Ukrainians in less than a week. With their bloodcurdling Orwellian euphemisms, the Russians boast that millions of Ukrainians have "found shelter" or "been adopted" in Russia.

Why women and children, in particular? So that the women will bear "Russian" rather than "Ukrainian" babies in the future, and the children will forget they were ever Ukrainian and become Russian instead. That rhymes with one rationale President Vladimir Putin has given all along for his invasion. In his telling, Ukraine isn't a country at all, just a region of Russia suffering from the "false consciousness" that it is a nation. It follows that Putin must destroy Ukraine as a culture, polity and people. One way to do that is to move Ukrainians out, and Russians in.

If that sounds like an attempt at ethnic cleansing, it is. The vernacular meaning of the word genocide (from the Greek for "killing a tribe") connotes murdering every member of a race or nation. The legal definition of "genocide," as stipulated by the United Nations in 1948 with the Holocaust on everybody's mind, is broader. It includes killing members of the tribe, race, nation or group. But it also encompasses causing them bodily or mental harm "calculated to bring about [the group's] physical destruction in whole or in part." Russia's systematic bombing of Ukraine's electricity grid and other infrastructure fits that part of the description.

Not least, the legal meaning of genocide also includes "measures intended to prevent births within the group," and specifically "forcibly transferring children of the group to another group." In this sense, everything that Putin has done this year suggests he is in fact trying to commit genocide.

Putin is only the latest perpetrator in a long and tragic history of human mass deportations and ethnic cleansings. It's a story, moreover, for which Moscow, under the Tsars and especially the Soviets, wrote more than its fair share of chapters. And in this anthology, the Ukrainians take up their own thick volume as victims.

At various points in the 20th century, the Kremlin cleansed parts of Ukraine and the region of Cossacks, Kulaks, Tatars and other groups, usually dumping the victims in Siberia or central Asia. At that time Moscow typically dressed its motives in the terminology of class rather than ethnicity. But it came to much the same. The traumas of these deportations—like that from Joseph Stalin's deliberate starvation of Ukraine, now known as the Holodomor—form part of Ukraine's collective memory.

For the individual victims, then as now, the process is one of sheer, inhumane terror. The Russians herd Ukrainian women and children into "filtration" camps. Parents, spouses, sons and daughters are separated; their cellphones and documents confiscated, their fingerprints scanned and identities erased, their fates shrouded in a dark haze. Some are abused. Others are merely sent off into an unknown hell.

By Putin's cold arithmetic, the couple of million of Ukrainian women and children taken out of their native land by deportation can be added to the millions of refugees—also disproportionately female and young—who have fled to the European Union and elsewhere. Depending on the estimate, around 20% of Ukrainians, and roughly twice that proportion of women of childbearing age, is physically outside the country.

Their absence not only complicates any future effort to rebuild Ukraine and make it prosper. It also rips a chamber out of Ukraine's national heart.

If and when the warring parties exhaust themselves and enter negotiations, the list of sticking points will be long. It starts with the status of Crimea and the other Ukrainian regions Putin pretends to have "annexed." It continues with Ukraine's relations to the European Union and NATO, security guarantees from outside powers and much else.

But the women and children the Russians have abducted must be right at the top of that list. The Kremlin, no matter who rules it at that point, must acknowledge the war crimes Russia has committed and allow the Ukrainians to return to their homes, so that—scarred as they are—they can pick up whatever may be left of their lives.

In this demand, the West and the whole world must support Ukraine. And Kyiv should, if necessary, value people above land, trading visible terrain on a map for the nation's now-invisible mothers, sons and daughters. No ceasefire without their return deserves the label victory.

It takes only one to tango? The revolutionary clarity of the 'Ejaculate Responsibly' movement

By ROBIN ABCARIAN
Los Angeles Times

Last week, the investigative website ProPublica posted a fascinating story based on the leaked recording of a National Right to Life webinar designed to persuade Republican Tennessee legislators not to soften the state's abortion ban, one of the most restrictive in the country.

In Tennessee, all abortions are illegal.

If the procedure is deemed medically necessary to save the life of the mother, her doctor has to prove it. Imagine. A woman must be at death's door, facing organ failure, in order for her physician to legally intervene to save her life. And then, the onus is on the doctor to prove that his patient's death was imminent.

As the law stands, a doctor who performs an abortion can be charged with a felony. If he can't prove his judgment was correct, a conviction could result in up to 15 years in prison and thousands of dollars in fines.

As ProPublica reported, some GOP legislators in Tennessee said they originally supported the law as a symbolic gesture because it couldn't go into effect while abortion was a constitutional right. But, of course, in June the U.S. Supreme Court overturned Roe v. Wade and its own 50-year precedent. The six conservative justices had no qualms about removing a woman's agency and handing over deeply personal decisions about a pregnancy to state legislators.

The ProPublica story focused on Tennessee Republican state Sen. Richard Briggs, a heart surgeon, and his desire to see the draconian abortion ban amended to make "clear exceptions for rape, incest, severe fetal anomalies and cases where the pregnant patient's life or health are at risk."

The pushback from abortion foes was ferocious, as the leaked recording revealed. Any softening of the law would amount to retreat. Instead, the antiabortion lobbyists urged legislators to focus on promoting the stories of women who gave birth after rape or incest.

"9 months after the enactment of this law, can we organize with the crisis pregnancy centers to see some of these babies?" asked one legislator in the webinar chat box.

"Yes!" responded a man identified by ProPublica as "the state's most influential anti-abortion lobbyist."

Good heavens, what would that look like? A picture of a mother and infant with a disclaimer: "I was raped by my father, I had the baby and I am so glad I did!"?

At no time during the hourlong webinar did legislators or abortion foes even come close to discussing how to prevent unwanted pregnancies (they talked hopefully about the prospect of regulating contraceptives), or the pivotal role men play.

I would love for each and every one of them to receive a copy of the book "Ejaculate Responsibly: A Whole New Way to Think About Abortion," a modest but extensively footnoted little book that places blame for unwanted pregnancies squarely on men.

The book, published last month, is based on a viral 2018 Twitter thread by the popular blogger Gabrielle Blair, a Mormon mother of six who said she was appalled by men "grandstanding" about abortion during the Senate confirmation hearings for then-Supreme Court nominee Brett M. Kavanaugh.

She concluded that men have the power to stop all unwanted pregnancies and simply choose not to.

"ALL unwanted pregnancies are caused by the irresponsible ejaculations of men," she wrote in her thread. "Period."

Her argument is deceptively simplistic, but it makes sense. If sperm does not meet egg, pregnancy, wanted or unwanted, cannot occur.

Women, obviously, cannot control where their eggs are at any given moment in their fertility cycles. But men can control exactly where their sperm goes and can always prevent it from creating a pregnancy.

"Ovulation is involuntary," writes Blair. "Ejaculation is voluntary."

Blair argues persuasively that men's pleasure and health have always taken priority over women's pleasure and health.

Women mainly bear the brunt of contraception. Blair's book includes statistics that show women are responsible for most purchases in the $8 billion birth control market. And almost all forms of birth control for women, with the exception of abstinence, can be expensive, risky or painful. And usually require prescriptions.

"The list of side effects for the Pill/Patch/Ring/Shot is long and serious," Blair writes, "including depression, fatigue, headache, insomnia, mood swings, nausea, breast pain, vomiting, weight gain, acne, bloating, blood clots, heart attack, high blood pressure, liver cancer and stroke."

In 2016, Blair writes, the World Health Organization conducted a trial for a form of male birth control. It was a hormonal injection that would lower sperm count. "The results were very promising, showing a 96% effectiveness rate at preventing pregnancy."

But the trial was cut short after men complained about the shot's most common side effects: acne and weight gain. Also, of the 320 participants, one became depressed and another suicidal.

At this point, writes Blair, "men have two options for birth control — condoms and vasectomies. Both are easier, cheaper, more convenient and safer than birth control options for women."

A condom, almost 100% effective, is inexpensive, safe and takes little effort to use. Either partner can provide one.

But there is a huge cultural barrier to universal condom use. Men claim, with little evidence, that a condom mutes their pleasure, or that it is uncomfortable or they are allergic to sheepskin. With a bit of experimentation, Blair writes, any condom-averse man can find a brand that works for him.

As for vasectomies, which have spiked in the wake of the Supreme Court's Dobbs decision overturning Roe, the procedure is fast, virtually painless and highly reversible. A man can also bank his sperm beforehand if he thinks he may change his mind about fatherhood.

Listen, I know that if abortion foes, basking in the Supreme Court's misguided ruling, were serious about ending abortion, they would be serious about ending unwanted pregnancies.

But they aren't.

They will never surrender the idea that women who have sex for pleasure must be punished by forced birth.

Senescent Sonnets

LITERARY NOOK

By JOEY 'PEPE BATBON' CONNOLLY
Special to the Saipan Tribune

Joey aka Pepe Batbon is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.

"It's not dark yet but it's getting there"
—Bob Dylan, singer songwriter

The Darkness Domain in My Brain

Where and when does our short term memory go
how short are the memories held in our brain
as memory lapses go how slow do they flow
many head doctors are at a loss to explain
there are a variety of places forms and stages
one common form is Lewy body dementia
it seems Alzheimer's is a phase where it rages
you don't realize when it's being sent to you
gone but not forgotten it has got to be somewhere
returning when we see a smile or hear an old song
underneath a bald spot, hiding under white hair
sometimes we get the name right the face wrong
sing, "where oh where has my little dog gone ? "
ditto my short term memory from dusk till dawn.

(Please contact medical professionals to get help for the manamko (elderly) in your family.

Becoming Acquainted With Darkness

(A Seven-Minute Sonnet by Joey Connolly)

" one luminary clock against the sky (the sun)
proclaimed the time was neither wrong nor right.
I have become acquainted with the night…"
—poem excerpt from Robert Frost (1875 – 1963)

As it is now my measurement of time varies
seconds minutes hours days weeks months
have moments of darkness from time to time
slipping into forgotten backroads of my brain
to be unseen again in some time close by
sometimes returning when I stop and try
at a loss for reasons why I went into a room
and found in present darkness dementia doom
like the song 'Who knows where the time goes'
how dark memory flows and floods through
our corpus callosum in any given amount of
or measurement of time in our 'long goodbye'
I fight it by writing some poems to address it
of darkness and dementia I'm not afraid or shy.

LETTER TO THE EDITOR

Thank you

Well now, that was quite the tiring, tumultuous and bruising competition for governor, wasn't it?

Bearing in mind and taking to heart that I shoulder, in some small way, a legitimate part of the blame for the elevation of the temperature and fervor of political rhetoric during the election, I accept responsibility for my actions yet don't offer any apologies as all I wrote was what I saw to be honest, true, and readily apparent. I publicly echoed what the majority of others were already thinking and feeling.

To those on the other side, I offer my hand as a neighbor and fellow resident: let's let bygones be bygones and work together—independents, Democrats and Republicans—to forge a better Commonwealth for us all. That's not just rhetoric; it's a real invitation as we all have to live together.

To Tina and Leila, thank you for your contributions, forward vision, and hard work. You both quickly and effectively turned a political setback into a winning advantage. You helped change CNMI history for the better. I salute you both.

To everyone who voted in both elections, you did your duty. There's a lot to be proud of here: no election violence, intimidation or shenanigans, poll workers did a great job and the system worked.

Congratulations to the soon-to-be governor-elect Palacios and lt. governor-elect Apatang. Now comes the even harder and more arduous task of governing but I have faith in you, as do the people of the CNMI. I'm wishing you nothing but success. You can do it! We can do it, together!

One last piece of advice for Ralph: Don't let the door hit you on the way out.

Mark Farmer
Garapan, Saipan

LIMBO

From Page 8

the weeks after the 9/11 attack heightened security concerns.

Since then, various attempts to revive different versions of the Dream Act have fallen short in Congress because Republicans want stricter border controls. The border has been fortified in many ways through the years, yet the fate of Dreamers and other undocumented immigrants remains uncertain. DACA now symbolizes the long-standing failure by federal lawmakers to craft much-needed comprehensive immigration reform.

Poll after poll through the years show that most Americans want DACA recipients to be allowed to remain legally in the U.S. An analysis conducted by the conservative American Enterprise Institute in 2017—at the height of Trump's anti-immigrant hysteria—found that "Americans' general feelings toward immigrants and immigration have become more positive in recent years."

Of course, some people may prefer to have DACA recipients leave the country, perhaps thinking that these immigrants are a financial drain on taxpayers. But Dreamers contribute about $6.2 billion in federal taxes and $3.3 billion in state and local taxes annually, according to the nonpartisan Center for American Progress.

Granting Dreamers permanent status is of paramount importance for California, which is home to approximately 170,000 of the 600,000 current DACA recipients nationwide.

It's time for senators to put aside their differences and show leadership in addressing the fate of Dreamers.

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Thank you!

We cannot express enough of our gratitude to all of you, the community, our families, and our supporters who believed in us and helped us in this campaign, one way or another. Together, we hope to move forward, towards a better future for the CNMI. Serving you is our ultimate calling. We couldn't have gone this far without your utmost support.

RALPH Deleon Guerrero
TORRES
GOVERNOR

VINNIE VINSON Flores
SABLAN
LT. GOVERNOR

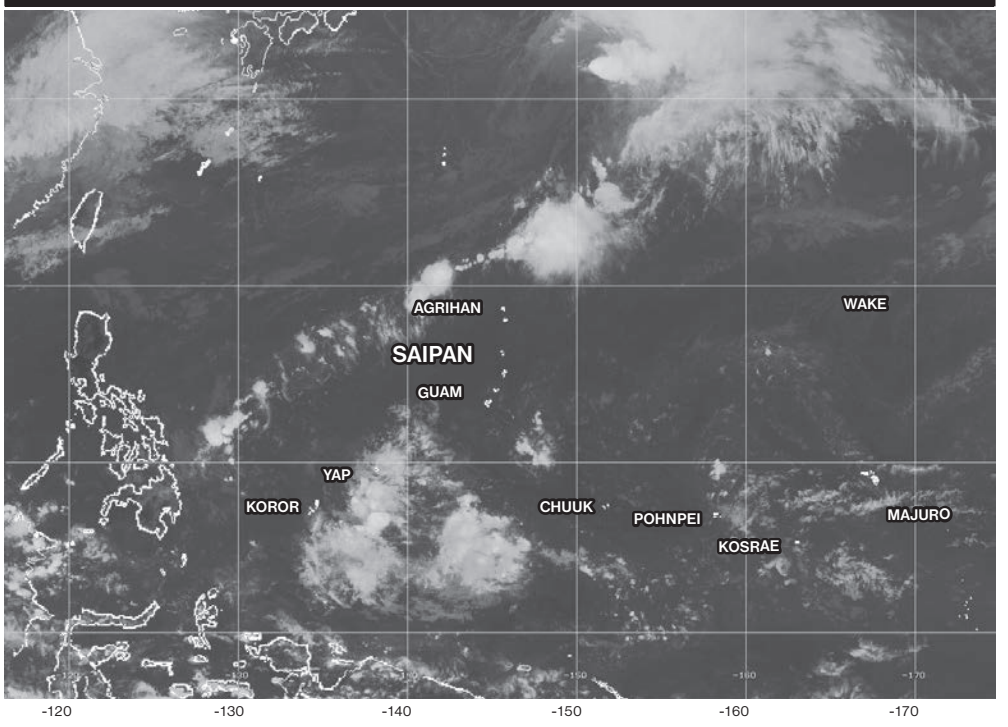
Paid for by the Committee to Elect Torres Sablan. Zerlyn Taimanao, Treasurer

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isolated showers. Mostly sunny	Scattered showers. Partly sunny	Mostly sunny	A chance of showers. Partly sunny	A chance of showers. Partly sunny
87° 78°	87° 78°	87° 78°	87° 78°	87° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:27 AM, SUNDAY, NOVEMBER 27, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite and radar imagery showed isolated showers over the Marianas this morning. Dry weather will continue for the next few days.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	86° / 77°
Palau	Mostly Cloudy	83° / 75°
Yap	Partly Cloudy	85° / 78°
Chuuk	Cloudy	85° / 77°
Pohnpei	Few Showers	84° / 76°
Kosrae	Showers	84° / 77°
Majuro	Thunderstorms	84° / 80°

DAY	SUNRISE	SUNSET
Today	6:25 AM	5:44 PM
Tuesday	6:25 AM	5:44 PM
Wednesday	6:26 AM	5:44 PM
Thursday	6:26 AM	5:44 PM
Friday	6:27 AM	5:44 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	10:39 AM	10:09 PM	-
Tuesday	11:32 AM	11:12 PM	-
Wednesday	12:19 PM	-	-
Thursday	12:44 PM	-	-
Friday	-	12:17 AM	1:35 PM

AROUND THE GLOBE		▲ ▼ °F
Auckland	Rain/Thunder	60° / 48°
Beijing	Partly Cloudy	80° / 69°
Hong Kong	Thunderstorms	86° / 83°
Honolulu	Sunny	84° / 74°
London	Showers	82° / 62°
Los Angeles	Partly Cloudy	86° / 65°
Manila	Thunderstorms	88° / 78°
Melbourne	Sunny	54° / 35°
Miami	Partly Cloudy	88° / 81°
New York	Partly Cloudy	94° / 77°
Osaka	Cloudy	88° / 76°
Paris	Thunder	79° / 64°
Busan	Mostly Cloudy	85° / 76°
Rome	Sunny	88° / 72°
Salem	Scattered Thunderstorms	89° / 73°
San Francisco	Partly Cloudy	66° / 53°
Seoul	Cloudy	88° / 73°
Tokyo	Partly Cloudy	86° / 77°
Washington, DC	Partly Cloudy	84° / 74°

TIDES: SAIPAN HARBOR TODAY		FEET
4:39 AM	Low Tide	-0.71
12:18 PM	High Tide	1.79
5:36 PM	Low Tide	1.27
9:46 PM	High Tide	1.67

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FLIGHT SCHEDULE AS OF NOVEMBER 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:35AM	Daily

SAIPAN- NARITA (NRT)

UA824	7:05AM	9:45AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	6:00AM	7:45AM	Daily
UA193	7:55PM	11:50PM	2, 5 via Palau
UA183	8:00PM	9:50PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:50PM	Daily via Guam
UA117/193	9:50AM	11:50PM	2, 5 via Guam, Palau
OZ624/701	3:40PM	10:35AM+1	3,6 via Incheon

SAIPAN-INCHEON (ICN)

OZ624	3:40PM	7:40PM	3, 6
TW308	4:30PM	8:20PM	3, 4, 6, 7
7C3405	4:35PM	8:25PM	Daily

SAIPAN-BUSAN (PUS)

BX621	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:46AM	Daily

NARITA (NRT)-SAIPAN

UA825	9:25PM	2:00AM+1	2, 4, 7

MANILA (MNL)-GUAM

PR110	10:05PM	3:55AM+1	Daily
UA184	10:55PM	4:45AM+1	1, 3, 4, 6, 7
UA192	10:40PM	6:30AM+1	2, 5 via Palau
UA184	12:40AM	6:30AM	3, 6

MANILA (MNL)-SAIPAN

UA189/174	12:40AM	8:46AM+1	3, 6 via Guam
UA184/174	10:55PM	8:46AM+1	1, 3, 4, 6,7 via Guam
UA192/174	10:40PM	8:46AM+1	2, 5 via Palau, Guam
OZ704/623	11:50PM	2:40PM+1	2, 5 via Incheon

INCHEON (ICN)-SAIPAN

OZ623	9:00AM	2:40PM	3, 6
TW307	10:00AM	3:30PM	3, 4, 6, 7
7C3406	10:10AM	3:30PM	Daily

BUSAN (PUS)-SAIPAN

BX622	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

SAIPAN TO TINIAN

DEPARTS	ARRIVES	FREQUENCY
7:00 A.M.	7:15 A.M.	(Except Sundays)
9:50 A.M.	10:05 A.M.	
4:00 P.M.	4:15 P.M.	(Except Saturdays)

TINIAN TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
7:35 A.M.	7:50 A.M.	(Except Sundays)
10:25 A.M.	10:40 A.M.	
4:35 P.M.	4:50 P.M.	(Except Saturdays)

SAIPAN TO ROTA

DEPARTS	ARRIVES	FREQUENCY
8:10 A.M.	8:40 A.M.	
1:45 P.M.	2:15 P.M.	

ROTA TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
9:00 A.M.	9:30 A.M.	
2:35 P.M.	3:05 P.M.	

SAIPAN TO GUAM

DEPARTS	ARRIVES	FREQUENCY
11:10 A.M.	12:00 P.M.	
5:15 P.M.	6:05 P.M.	

GUAM TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/ Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/ Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

World

Civilians escape Kherson after Russian strikes on freed city

KHERSON, Ukraine (AP)—Fleeing shelling, civilians on Saturday streamed out of the southern Ukrainian city whose recapture they had celebrated just weeks earlier.

The exodus from Kherson came as Ukraine solemnly remembered a Stalin-era famine and sought to ensure that Russia's war in Ukraine doesn't deprive others worldwide of its vital food exports.

A line of trucks, vans and cars, some towing trailers or ferrying out pets and other belongings, stretched a kilometer or more on the outskirts of the city of Kherson.

Days of intensive shelling by Russian forces prompted a bittersweet exodus: Many civilians were happy that their city had been won back, but lamented that they couldn't stay.

"It is sad that we are leaving our home," said Yevhen Yankov, as a van he was in inched forward. "Now we are free, but we have to leave, because there is shelling, and there are dead among the population."

Poking her head out from the back, Svitlana Romanivna added: "We went through real hell. Our neighborhood was burning, it was a nightmare. Everything was in flames."

Emilie Fourrey, emergency project coordinator for aid group Doctors Without Borders in Ukraine, said an evacuation of 400 patients of Kherson's psychiatric hospital, which is situated near both an electrical plant and the frontline, had begun on Thursday and was set to continue in the coming days.

Ukraine in recent days has faced a blistering onslaught of Russian artillery fire and drone attacks, with the shelling especially intense in Kherson. Often the barrage has largely targeted infrastructure, though civilian casualties have been reported. Repair crews across the country were scrambling to restore heat, electricity and water services that were blasted into disrepair.

Russia has ratcheted up its attacks on critical infrastructure after suffering battlefield setbacks. A prominent Russian nationalist said Saturday the Russian military doesn't have enough doctors, in what was a rare public admission of problems within the military.

In the capital Kyiv, President Volodymyr Zelenskyy oversaw a busy day of diplomacy, welcoming several European Union leaders for meetings and hosting an "International Summit on Food Security" to discuss food security and agricultural exports from the country. A deal brokered by the U.N. and Turkey has allowed for safe exports of Ukrainian grain in the Black Sea amid wartime disruptions that have affected traffic.

"The total amount we have raised for 'Grain from Ukraine' is already about $150 million. The work continues," Zelenskyy said in his nightly TV address. "We are preparing up to 60 ships. All of us together do not just send Ukrainian agricultural products to those countries that suffer the most from the food crisis. We reaffirm that hunger should never again be used as a weapon."

The prime ministers of Belgium, Poland and Lithuania and the president of Hungary were on hand, many others participated by video. Zelenskyy said more than 20 countries supported the summit.

Ukrainian Prime Minister Denys Shmyhal said Ukraine — despite its own financial straits — has allocated 900 million hryvna ($24 million) to purchase corn for countries including Yemen, Sudan, Kenya and Nigeria.

Walmart shooter left 'death note,' bought gun day of killing

CHESAPEAKE, Va. (AP)—The Walmart supervisor who fatally shot six co-workers at a store in Virginia bought the gun just hours before the killings and left a note on his phone accusing colleagues of mocking him, authorities said Friday.

"Sorry everyone but I did not plan this I promise things just fell in place like I was led by the Satan," Andre Bing wrote on a note that was left on his phone, the Chesapeake Police Department said Friday.

Police said the 9 mm handgun used in the Tuesday night shooting was legally purchased that morning and that Bing had no criminal record. They released a copy of the note found on his phone that appeared to redact the names of specific people he mentioned.

It was not clear when the note was written, but in it Bing claimed he was harassed and said he was pushed to the brink by a perception his phone was hacked.

He wrote, "My only wish would have been to start over from scratch and that my parents would have paid closer attention to my social deficits." Bing died at the scene of an apparent self-inflicted gunshot wound.

Coworkers of Bing who survived the shooting said he was difficult and known for being hostile with employees. One survivor said Bing seemed to target people and fired at some victims after they were already hit.

Jessica Wilczewski said workers were gathered in a store break room to begin their overnight shift late Tuesday when Bing, a team leader, entered and opened fire. While another witness has described Bing as shooting wildly, Wilczewski said she observed him target certain people.

"The way he was acting — he was going hunting," Wilczewski told The Associated Press on Thursday. "The way he was looking at people's faces and the way he did what he did, he was picking people out."

Wilczewski said she had only worked at the store for five days and being a new employee may have been the reason she was spared.

She said she was hiding under a table after the shooting started and that at one point, Bing told her to get out from under the table. But when he saw who she was, he told her, "Jessie, go home."

Former coworkers and residents of Chesapeake, a city of about 250,000 people near Virginia's coast, have been struggling to make sense of the rampage.

Bing's death note rambles at times through 11 paragraphs, with references to nontraditional cancer treatments and songwriting. He says people unfairly compared him to serial killer Jeffrey Dahmer, and wrote: "I would have never killed anyone who entered my home."

WORLD BRIEFS

Iran leader praises force tasked with quashing protests

BAGHDAD (AP)—Iran's supreme leader praised paramilitary volunteers tasked with quashing dissent on Saturday in a televised address as dozens of eye doctors warned that a rising number of demonstrators have been blinded by security forces during anti-government protests.

Ayatollah Ali Khamenei addressed members of the Basij, the volunteer paramilitary wing of the elite Revolutionary Guard, and reiterated unsupported claims that protesters demonstrating countrywide are "tools" of the U.S. and its "mercenaries."

"(The) Basij should not forget that the main clash is with global hegemony," Khamenei said, referring to the U.S. The address marking Basij week in Iran echoed previous statements lambasting the protests as a foreign plot to destabilize Iran.

Extolling the military and social virtues of the Basij over the decades, Khamenei said the forces "sacrificed themselves in order to save people from a bunch of rioters and mercenaries," referring to the recent country-wide unrest. "They sacrificed themselves in order to confront oppression."

Protests over China's COVID controls spread across country

BEIJING (AP)—Protests against China's pervasive anti-virus controls that have confined millions of people to their homes spread to Shanghai and other cities after complaints they might have worsened the death toll in an apartment fire in the northwest.

Shanghai police used pepper spray against about 300 protesters, according to a witness. They gathered Saturday night to mourn the deaths of at least 10 people in an apartment fire last week in Urumqi in the Xinjiang region in the northwest.

Videos posted on social media that said they were filmed in Nanjing in the east, Guangzhou in the south and at least five other cities showed protesters tussling with police in white protective suits or dismantling barricades used to seal off neighborhoods. Witnesses said a protest occurred in Urumqi, but The Associated Press was unable to confirm details of other videos.

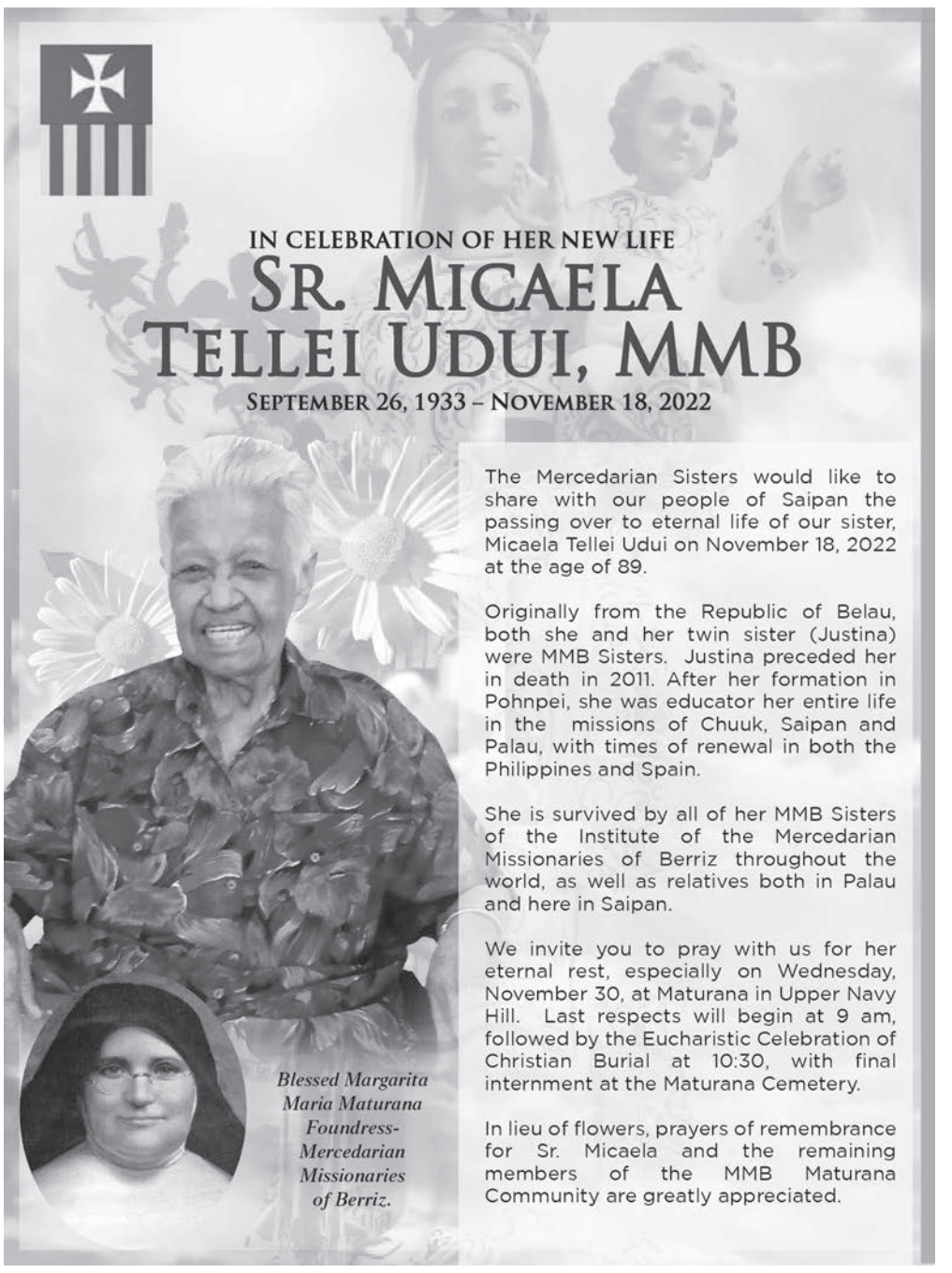
Taiwan president resigns as party leader after election loss

TAIPEI, Taiwan (AP)—Taiwan President Tsai Ing-wen resigned as head of the ruling Democratic Progressive Party following local election losses on Saturday in which voters chose the opposition Nationalist party in several major races across the self-ruled island.

Concerns about threats from rival China, which claims Taiwan as its territory, took a backseat to more local issues in the elections.

Tsai had spoken out many times about "opposing China and defending Taiwan" in the course of campaigning for her party. But the party's candidate Chen Shih-chung, who lost his battle for mayor of Taipei, only raised the issue of the Chinese Communist Party's threat a few times before he quickly switched back to local issues as there was little interest.

Tsai offered her resignation on Saturday evening, a tradition after a major loss, in a short speech in which she also thanked supporters.


IN CELEBRATION OF HER NEW LIFE
SR. MICAELA
TELLEI UDUI, MMB
SEPTEMBER 26, 1933 – NOVEMBER 18, 2022
The Mercedarian Sisters would like to share with our people of Saipan the passing over to eternal life of our sister, Micaela Tellei Udui on November 18, 2022 at the age of 89.
Originally from the Republic of Belau, both she and her twin sister (Justina) were MMB Sisters. Justina preceded her in death in 2011. After her formation in Pohnpei, she was educator her entire life in the missions of Chuuk, Saipan and Palau, with times of renewal in both the Philippines and Spain.
She is survived by all of her MMB Sisters of the Institute of the Mercedarian Missionaries of Berriz throughout the world, as well as relatives both in Palau and here in Saipan.
We invite you to pray with us for her eternal rest, especially on Wednesday, November 30, at Maturana in Upper Navy Hill. Last respects will begin at 9 am, followed by the Eucharistic Celebration of Christian Burial at 10:30, with final internment at the Maturana Cemetery.
In lieu of flowers, prayers of remembrance for Sr. Micaela and the remaining members of the MMB Maturana Community are greatly appreciated.
Blessed Margarita Maria Maturana Foundress-Mercedarian Missionaries of Berriz.

Health & Wellness

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You are 'here': A smoker's guide to quitting

By JOEL STREED
MAYO CLINIC NEWS NETWORK

When you're at the mall or on a hike, there's usually a map somewhere with an "X" that says, "You are here." If you're a smoker, you may be at the point where you want to stop, but need a guide for how to get from the "here" of smoking to the "there" of not smoking.

Here's how to get started on your smoke-free journey:

Add up the costs of smoking.

Smoking takes a toll on your body, the people around you and your wallet:

■ Smoking puts you at higher risk for many health conditions, including cancer, cardiovascular disease and chronic obstructive pulmonary disease. It also can lower your life expectancy.

■ People around you — loved ones, friends, co-workers — can be affected by secondhand smoke.

■ Do the math. A pack of cigarettes costs about $12. One pack a day times 30 is $360/month. Smoking also costs you time — time away from your work, family and activities while you take a smoke break.

■ E-cigarettes have similar physical and financial costs, although the health risks aren't fully understood since they're relatively new. Plus, these products aren't FDA-approved, so there's no regulation of what's in them.

Know when you're ready to quit.

Why is it so hard to quit? Nicotine stimulates the reward pathway in the brain, releasing dopamine, which feels good. Over time, you begin to crave the feelings you get from nicotine, and it begins to feel normal. When your body doesn't have nicotine, it goes into withdrawal.

When you reach the point when the harmful effects outweigh what you gain from smoking and recognize nicotine's control over your day-to-day life, you're ready. But the decision has to be yours. It's a commitment you're making to yourself. You may have tried to quit before and failed, but you may have made the effort for others, not yourself.

Get from 'here' of smoking to 'there' of not smoking.

Becoming smoke-free is a process. Developing a quit plan can help you prepare and follow through with your decision to quit.

Here are some elements of a successful quit plan:

■ Commit to quitting. Tell your family, friends, loved ones and those who will be part of your support system.

■ Choose a date. Be realistic and give yourself some time to get your quit plan in place.

■ Form a support system. You might want to find someone to quit with you, join a social media or online support group, or seek counseling to help you cope with triggers, withdrawal and emotional challenges.

■ Know your triggers. Maybe it's driving in the car, doing a particular activity or when you're stressed. Think about how you'll manage your triggers or avoid them entirely.

■ Consider cravings. Brainstorm how you'll manage cravings and address withdrawal symptoms. Have healthy snacks on hand, practice mindfulness, go for a walk or text a support person.

■ Think about helpful aids. These could be nicotine replacement therapy, such as patches, gum, lozenges or an inhaler, or medication assistance with bupropion or varenicline.

Work through discouragement.

When people are trying to quit smoking, if they slip up, they tend to think the worst: "I'm a failure. I've blown it." Those thoughts can drive anxiety, which may cause you to revert to your go-to coping technique: smoking.

But if you have a cigarette or vape, all is not lost:

■ Be kind to yourself. This is hard. Fewer than 1 in 10 adults successfully quit smoking each year. However, over time, 60% of those who try to quit — usually more than once — are successful.

■ Reset and restart. Tomorrow really is another day.

■ Review your quit plan. You may need to adjust it and consider what other tools you need in your toolbox.

■ Check in with your support system.

Congratulations on your decision to stop smoking. Remember, there isn't just one path to your goal, and you have lots of options to help you succeed. Good luck.

CONSUMER HEALTH

Quitting smoking is hard—increase your chance of success

By LAUREL KELLY
MAYO CLINIC NEWS NETWORK

Cigarette smoking remains the leading cause of preventable disease, disability and death in the U.S., accounting for more than 480,000 deaths every year, according to the Centers for Disease Control and Prevention.

Lung cancer claims more lives each year than colon, breast and prostate cancers combined. Although the disease can occur in people who have never smoked, people who smoke or have smoked have the greatest risk of lung cancer. Smoking raises the risk of other cancers, as well, including cancer of the throat, mouth, pancreas, kidney and cervix. Smoking also contributes to chronic obstructive pulmonary disease, rheumatoid arthritis, heart disease and diabetes.

Secondhand smoke and thirdhand smoke also cause and contribute to several serious health problems for people exposed to smoke exhaled by smokers, and the residual nicotine and other chemicals left on indoor surfaces by tobacco smoking. Family members, especially children, are most at risk from the effects of secondhand and thirdhand smoke.

Quit-smoking products

It can be challenging to quit smoking, though, and it takes most smokers several tries before they succeed. Using quit-smoking products can greatly increase your chance of success. Only about 5% of people who try to quit tobacco succeed without a quit-smoking product. Many more succeed when using one.

Quit-smoking products fall into two main categories:

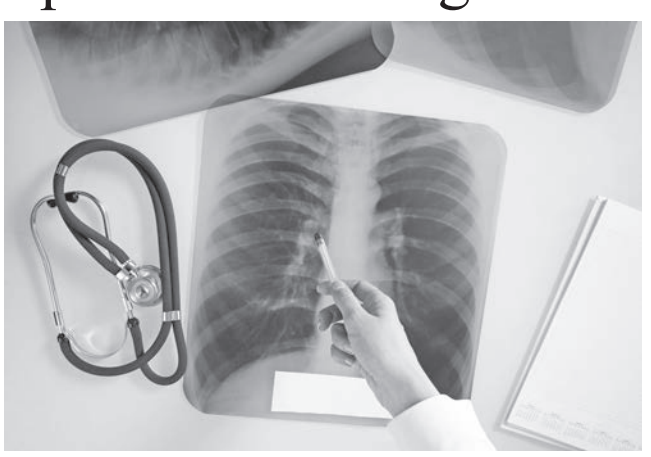
—Nicotine replacement products: Options include patches, gum, lozenges, sprays and inhalers. Although some are available without a prescription, it's best to talk with your health care team before trying them.

—Medications: Two medications that don't contain nicotine are available by prescription.

The most effective strategy to quit smoking for good is to combine a quit-smoking product with a program that includes support from professionals trained to treat tobacco dependence.

Era of hope for patients with lung cancer

By ALEX OSIADACZ
MAYO CLINIC NEWS NETWORK



November is Lung Cancer Awareness month. Lung cancer is the most common cancer worldwide, with more than 2.1 million cases, according to the American Lung Association.

Advancements in lung cancer management, from early diagnosis through treatment are improving patient outcomes.

"Lung cancer is not a death sentence anymore," says Dr. Rami Manochakian, a Mayo Clinic thoracic oncologist and lung cancer specialist. "There is a lot that can be done for patients with lung cancer."

Historically, chemotherapy was the only available treatment for patients with advanced lung cancer. Now, newer and more effective therapies are available through a personalized approach.

"Every patient's cancer tissue gets tested for biomarkers to look for actionable mutations or alterations that are believed to be the drivers of the cancer growth," says Dr. Manochakian. "If we find one of these mutations, which we have many at this point that have FDA-approved drugs or FDA-approved therapies, we will give that particular patient this drug that is targeting that change or that mutation."

The advancement in surgical and radiation therapies for early-stage lung cancer, as well as newer therapies for advanced lung cancer, such as targeted therapies and immunotherapy, are why Dr. Manochakian says it's a new era.

"I would call it an era of hope for patients with lung cancer because we are able to cure lung cancer at an early stage and we are able to treat cancer at a later stage," says Dr. Manochakian. "We're in an era where we're telling patients we have newer and better treatments that could help them live longer and live better."

Healthy Living

To lose weight – relax

Long-term stress causes chemical changes that make it harder to lose extra weight.

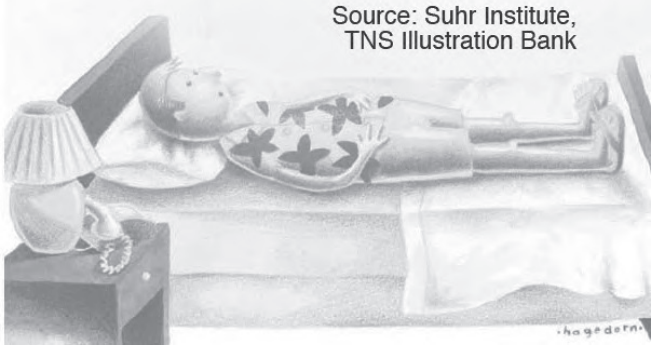
More cortisol …

• **More of this hormone** increases appetite, fat around the waist and cravings for fatty, sugary foods

… and less serotonin

• **When the brain** has less of this neurotransmitter, we crave nicotine, alcohol or high-calorie foods

Source: Suhr Institute, TNS Illustration Bank



Life & Style

‘Fame’ and ‘Flashdance’ singer-actor Irene Cara dies at 63

NEW YORK (AP)—Oscar, Golden Globe and two-time Grammy winning singer-actress Irene Cara, who starred and sang the title cut from the 1980 hit movie “Fame” and then belted out the era-defining hit “Flashdance ... What a Feeling” from 1983’s “Flashdance,” has died. She was 63.

Her publicist, Judith A. Moose, announced the news on social media, writing that a cause of death was “currently unknown.” Moose also confirmed the death to an Associated Press reporter on Saturday. Cara died at her home in Florida. The exact day of her death was not disclosed.

“Irene’s family has requested privacy as they process their grief,” Moose wrote. “She was a beautifully gifted soul whose legacy will live forever through her music and films.”

During her career, Cara had three Top 10 hits on the Billboard Hot 100, including “Breakdance,” “Out Here On My Own,” “Fame” and “Flashdance ... What A Feeling,” which spent six weeks at No. 1. She was behind some of the most joyful, high-energy pop anthems of the early ‘80s.

Tributes poured in on Saturday on social media, including from Deborah Cox, who called Cara an inspiration, and Holly Robinson Peete, who recalled seeing Cara perform: “The insane combination of talent and beauty was overwhelming to me. This hurts my heart so much.”

She first came to prominence among the young actors playing performing arts high schoolers in Alan Parker’s “Fame,” with co-stars Debbie Allen, Paul McCrane and Anne Meara. Cara played Coco Hernandez, a striving dancer who endures all manner of deprivations, including a creepy nude photo shoot.

“How bright our spirits go shooting out into space, depends on how much we contributed to the earthly brilliance of this world. And I mean to be a major contributor!” she says in the movie.

Cara sang on the soaring title song with the chorus—”Remember my name/I’m gonna live forever/I’m gonna learn how to fly/I feel it coming together/People will see me and cry”—which would go on to be nominated for an Academy Award for best original song. She also sang on “Out Here on My Own,” “Hot Lunch Jam” and “I Sing the Body Electric.”

Allen took to Twitter Saturday to mourn, posting pictures of them together and calling Cara a “a gifted and beautiful genius. Her talent and her music will live forever! Forever remember her name!”

Three years later, she and the songwriting team of “Flashdance”—music by Giorgio Moroder, lyrics by Keith Forsey and Cara—was accepting the Oscar for best original song for “Flashdance ... What a Feeling.”

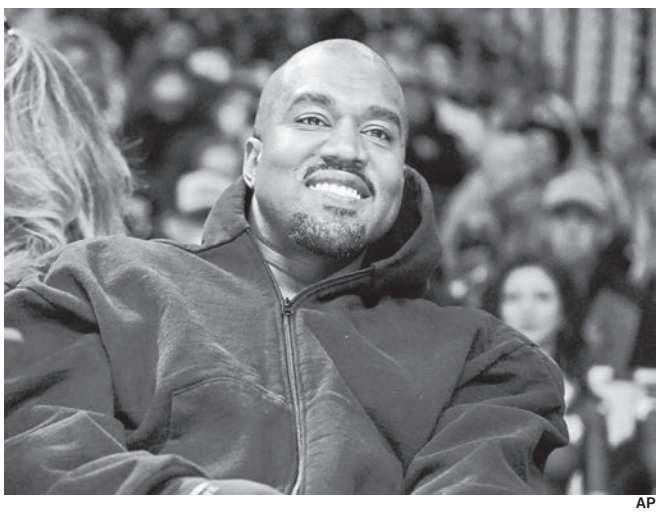
The movie starred Jennifer Beals as a steel-town girl who dances in a bar at night and hopes to attend a prestigious dance conservatory. It included the hit song “Maniac,” featuring Beals’ character leaping, spinning, stomping her feet and the slow-burning theme song.

“There aren’t enough words to express my love and my gratitude,” Cara told the Oscar crowd in her thanks. “And last but not least, a very special gentlemen who I guess started it all for me many years ago. To Alan Parker, wherever you may be tonight, I thank him.”

The New York-born Cara began her career on Broadway, with small parts in short-lived shows, although a musical called “The Me Nobody Knows” ran over 300 performances. She toured in the musical “Jesus Christ Superstar” as Mary Magdalene in the mid-1990s and a tour of the musical “Flashdance” toured 2012-14 with her songs.

Adidas investigates after ex-workers allege Ye misconduct

LONDON (AP)—Adidas says it is investigating allegations of inappropriate workplace conduct by the rapper formerly known as Kanye West that ex-employees made in an anonymous letter also accusing the German sportswear brand of looking the other way.



AP

Kanye West watches the first half of an NBA basketball game between the Washington Wizards and the Los Angeles Lakers in Los Angeles, on March 11, 2022

Adidas, which made his Yeezy line, cut ties with Ye last month over his offensive and antisemitic remarks after facing pressure to follow other brands and companies in ending partnerships with the rapper. It said it expected to take a hit of 250 million euros ($246 million) to its net income this year from the move.

Ye was suspended from Twitter and Instagram over his remarks but has been back tweeting this month.

Rolling Stone has reported that it spoke to more than two dozen former Yeezy and Adidas workers and obtained a letter from several former Yeezy employees to the sportswear company alleging that Ye created a toxic work environment by showing sexual photos and videos in meetings, making vulgar comments and bullying the people who worked for him. All the former employees spoke to the magazine on condition of anonymity.

The letter accused the company of knowing about the problematic behavior and failing to protect employees.

“It is currently not clear whether the accusations made in an anonymous letter are true. However, we take these allegations very seriously and have taken the decision to launch an independent investigation of the matter immediately to address the allegations,” Claudia Lange, head of media relations for Adidas, said in a statement Friday.

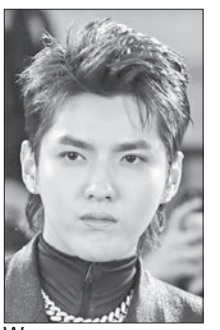
China sentences Chinese-Canadian star Kris Wu to 13 years

BEIJING (AP)—A Chinese court on Friday sentenced Chinese-Canadian pop star Kris Wu to 13 years in prison on charges including rape.

Beijing’s Chaoyang District Court said Wu was given 11 years and 6 months for a 2020 rape, and 1 year and 10 months for the “crime of assembling a crowd to engage in sexual promiscuity” in a 2018 event in which he and others allegedly assaulted two women they had gotten drunk.

The court said the three victims in the rape case had also been drunk and were unable to consent.

It said a combined 13-year sentence was agreed on and Wu would be immediately deported after serving his time.



Wu

“According to the facts … the nature, circumstances and harmful consequences of the crime, the court made the above judgment,” the court said in an online statement.

A Canadian diplomat was in court to hear the sentencing, it said.

Wu was also slapped with a fine of 600 million yuan ($83.7 million) for evading taxes by massively underreporting his earnings from performances, advertisements and other sources of income.

The June trial of the 32-year-old former member of the South Korean group EXO was closed to the public to protect the victims’ privacy.

Wu has been detained since August 2021 while police conducted an investigation in response to comments online that he “repeatedly lured young women” to have sex, according to a police statement at that time.

That year, a teenager accused him of having sex with her while she was drunk. Wu, known in Chinese as Wu Yifan, denied the accusation.

Couple’s marriage has become a partnership of convenience

DEAR ABBY: Although my husband and I are no longer in a romantic relationship, we are what I call “life partners.” After cancer left him impotent, he rejected any physical affection at all. I had an extramarital affair which lasted four years. My boyfriend passed away last year. I have no desire to be physically involved with my husband, but I do miss being affectionate and in a romantic (not necessarily sexual) relationship.

I feel empty, and I’m not sure if we should be considering divorce or continue in our day-to-day routine of being socially close but otherwise distant. We no longer share the same bedroom and we touch each other rarely. He has recently become more verbally and emotionally abusive during arguments, which may be the result of his recently reconnecting with his felon brother who had assaulted his wife. I’m not sure what direction to go.

HOPELESS IN PENNSYLVANIA

DEAR HOPELESS: The relationship you have described with your husband is not a “marriage” in the traditional sense. Ask your husband, in as nonconfrontational a way as possible, if he would like to remain married to you or be divorced. Explain clearly to him what your needs are and ask if he is willing or able to fulfill them. I cannot imagine why you would want to stay in a relationship that is becoming increasingly abusive. Consult a divorce lawyer and take your guidance from them about how to protect your interests BEFORE speaking to your husband, to ensure he doesn’t try to hide his (and your) assets.

■■■■

DEAR ABBY: I took a job and relocated to another state. My wife chose to stay behind so our kids could finish school in the hometown they grew up in. For the last 20 months, we have gone back and forth from the state I work in to our hometown. I suspect she’s unhappy with the idea of relocating, even though it’s a place worth investing in and offers a quality of life to our family that doesn’t exist in many other places.

Much of my time is spent appeasing her, especially when there is conflict between our teenage kids at home. We have been actively looking at schools in my new city, but there is never any resolution to our relocation issue. Advice?

LONG-DISTANCE HUSBAND/DAD

DEAR LONG-DISTANCE: I wish you had mentioned whether your wife works outside the home. Does she have a career she doesn’t want to leave? If the answer is no, continue looking for schools in the new community. Then contact a real estate agent to help you find a suitable place for your family to live. Once you have narrowed it down to a few, invite your wife to look at them with you and choose what she thinks would be most suitable.

At that point, if she doesn’t want to make the move, she should say so, which will free you to decide whether to sacrifice what you envision for your family’s future, continue having a long-distance marriage or return to the town you left so you can all be together.

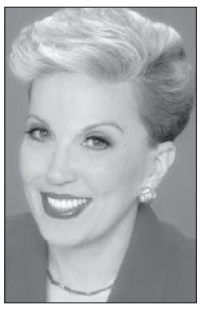
■■■■

Good advice for everyone – teens to seniors – is in “The Anger in All of Us and How to Deal With It.” To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

By ABIGAIL VAN BUREN

UNIVERSAL PRESS SYNDICATE

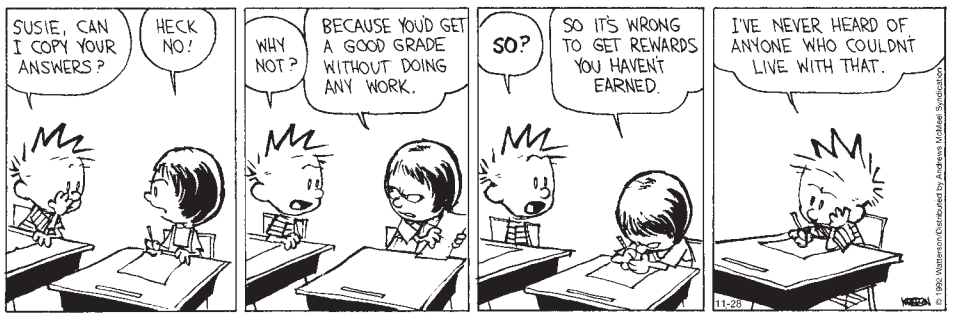


Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

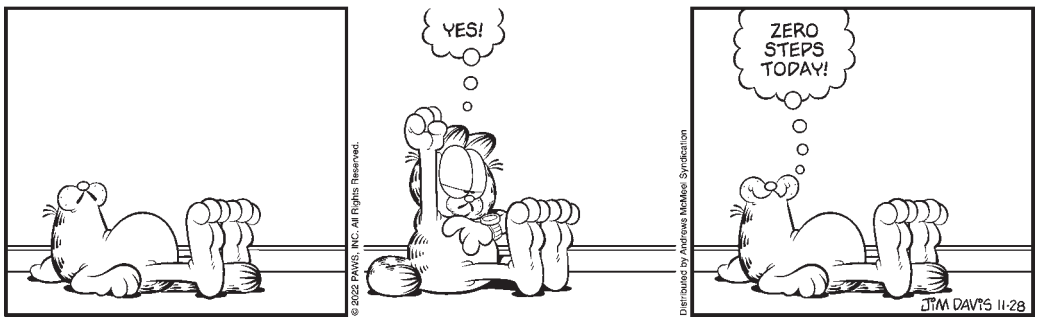
Calvin and Hobbes

By Bill Waterson


SUSIE, CAN I COPY YOUR ANSWERS?
HECK NO!
WHY NOT?
BECAUSE YOU'D GET A GOOD GRADE WITHOUT DOING ANY WORK.
SO?
SO IT'S WRONG TO GET REWARDS YOU HAVEN'T EARNED.
I'VE NEVER HEARD OF ANYONE WHO COULDN'T LIVE WITH THAT.
11-28
© 1992 Watterson/Distributed by Andrews McMeel Syndication

Garfield®

By Jim Davis

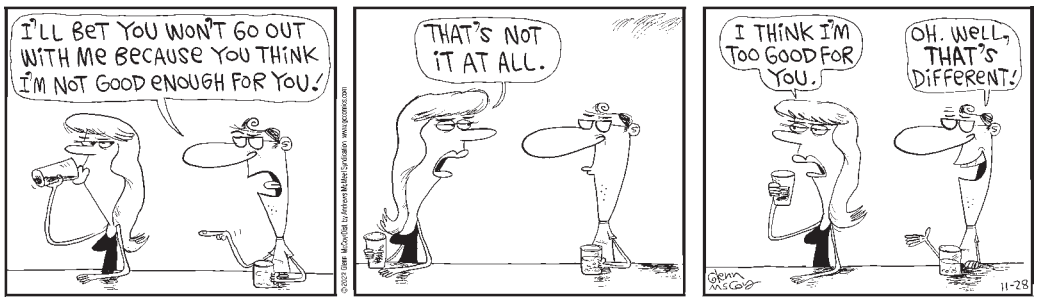


Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy


I'LL BET YOU WON'T GO OUT WITH ME BECAUSE YOU THINK I'M NOT GOOD ENOUGH FOR YOU!
THAT'S NOT IT AT ALL.
I THINK I'M TOO GOOD FOR YOU.
OH. WELL, THAT'S DIFFERENT!
11-28

CROSSWORD — By Eugene Sheffer

ACROSS

1 Soother
5 Hill dweller
8 Flightless birds
12 Duel tool
13 "The Crying Game" actor
14 Merit badge holder
15 Starring role
16 Nautical
18 Home of St. Francis
20 Sports venues
21 Kid's plea
23 Hanoi holiday
24 Tenderizing sauce
28 Stallion's mate
31 "Life — cabaret ..."
32 Fear greatly
34 Charged bit
35 "Forrest —"
37 Singer Faithfull
39 Luau bowlful
41 Swizzle
42 Actress Plummer
45 Offered clues
49 Style of Mexican music
51 Rice-shaped pasta
52 Diminutive suffix
53 Haw preceder
54 Entice
55 Lip
56 Blunder
57 Beloved

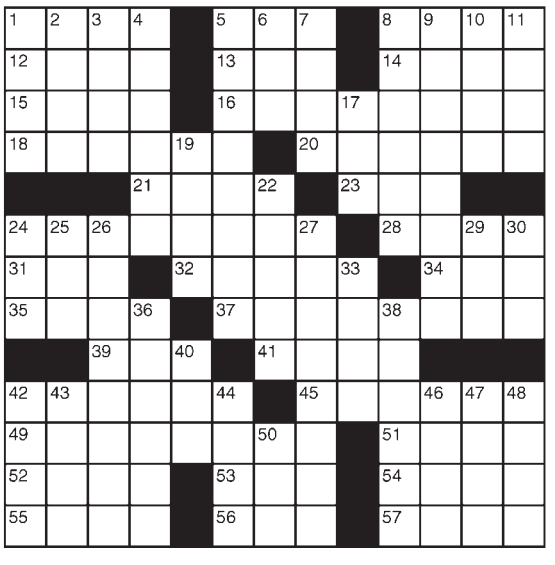
DOWN

1 Composer Bartok
2 Tarzan's clique
3 Meadows
4 Famed Florentine family
5 How lovers may stroll
6 PBS funder
7 Skater Lipinski
8 Honor
9 Assert
10 Sch. at West Point
11 Spike Lee's "— Gotta Have It"
17 NYC subway line
19 Hourglass fill
22 Concepts
24 Russian jet
25 Tempe sch.
26 Bulwarks
27 More coarse
29 Harry Potter pal
30 Away from WSW
33 503, in old Rome
36 Shetlands, e.g.
38 Golf's Palmer
40 Journalist Tarbell
42 Iowa city
43 — Hari
44 Sore spot
46 Verifiable
47 Poet Pound
48 Active sort
50 Grammy-winning "Fight for You" singer

Solution time: 26 mins.

I	N	D	■	S	A	N	G	■	P	A	L	S
N	E	E	■	A	W	O	L	■	O	H	I	O
C	A	M	P	F	I	R	E	■	L	A	Z	Y
A	R	I	S	E	S	■	E	P	A	■	■	■
■	■	■	A	S	H	■	F	I	R	E	U	P
T	B	O	L	T	■	J	U	G	■	A	L	E
H	E	L	M	■	D	E	L	■	F	R	E	E
E	R	A	■	B	E	T	■	L	A	P	E	L
O	N	F	I	R	E	■	S	O	L	■	■	■
■	■	■	R	A	P	■	I	N	C	O	M	E
A	M	O	K	■	F	I	R	E	O	P	A	L
C	O	D	E	■	R	V	E	R	■	E	T	A
H	E	E	D	■	Y	E	N	S	■	C	A	N

Last Friday's Answer 11/28



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELCELEBRITIES BORN ON THIS DAY: Ryan Kwanten, 46; Jon Stewart, 60; Ed Harris, 72; Paul Shaffer, 73.

Happy Birthday: Put together what you can, and avoid emotional purchases or other unnecessary expenses. Share your resources, assets and whatever else you can pool together to cut your overhead. Don't get involved with evasive people. Ask questions, assess and decide what you do next based on your needs, not what someone else wants. Take the initiative, stick to your plans and commit to your word. Your numbers are 6, 17, 22, 26 34, 41, 43.

ARIES *(March 21-April 19):* Your curiosity, enthusiasm and limitless energy will get you where you want to go. Pitch in and do your part; you'll make an impression on someone noteworthy. Travel, education and communication will lead to success. Romance is in the stars.✪✪✪✪

TAURUS *(April 20-May 20):* Don't beat yourself up over something you cannot control. Put your energy where you know you can do some good. Don't rely on anyone but yourself regarding investments, contracts or medical issues. ✪✪

GEMINI *(May 21-June 20):* Partner with someone you can trust. Talks will ease your mind and encourage you to share your opinions and press for what you want. Question anything that appears to be wrong or missing a necessary component that you need to progress. ✪✪✪✪

CANCER *(June 21-July 22):* Look for a unique way to use your skills and connections, and you will find the success you desire. Targeted actions will leave nothing to chance and give you the momentum to surpass any pitfalls you encounter. Embrace new beginnings. ✪✪✪

LEO *(July 23-Aug. 22):* Change only what's necessary. Enthusiasm is a wonderful thing -- unless it costs you. Consider the gains and losses your actions will play a part in before you barrel ahead with your plans. Time spent with loved ones will be rewarding. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Keep your distance from people and situations that are upsetting or confusing. Pay attention to detail. Consider the changes you can put in motion without causing any friction with friends, family or peers. Verify information before passing it along. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Set your sights on what you want, and don't stop until you feel good about what's transpired. High energy coupled with play-by-play commentating and hands-on action will prove to be successful. Spend downtime with someone who makes your heart flutter. ✪✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* By putting everything in its place, you'll ease your mind and sail through your responsibilities. Before signing up for something that can affect how you look, feel or spend your cash, ensure you've researched what's entailed and the cost involved. ✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Get the lowdown before you let anger set in and take over. Go directly to the source and be prepared to act if it will help keep the peace. Make physical fitness, health and looking your best your priorities. ✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Think things through from beginning to end before making a move. Know what you are up against and what you can afford before you agree to participate. Refuse to pay for someone else's mistake. Offer sound advice, not cash. Slow down. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* A reserved attitude won't get you as far as flair will. Step into the spotlight and share your thoughts and feelings. Take control, put your energy where it counts and make a difference. Romance and personal gain look promising. ✪✪✪

PISCES *(Feb. 19-March 20):* Unusual ideas can be beneficial if they are based on facts and tried-and-true methods. Don't let anger or a lack of patience turn into a costly situation. Bide your time and learn from an experience. Work alone and concentrate on home improvements. ✪✪✪

Birthday Baby: You are friendly, helpful and kind. You are ambitious and optimistic.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku — *By Dave Green*

	3			4			5	
6								1
		5	9	8	1	6		
		4	1		7	8		
7		6		2		1		5
		2	3		5	7		
		3	7	5	6	4		
5								2
	1			3			9	

Difficulty Level ★ 11/28

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

2	7	6	8	9	1	3	4	5
4	3	9	5	2	7	1	8	6
1	5	8	6	4	3	7	2	9
6	4	3	9	1	2	8	5	7
5	2	7	4	3	8	9	6	1
9	8	1	7	5	6	2	3	4
8	1	4	2	7	5	6	9	3
7	9	2	3	6	4	5	1	8
3	6	5	1	8	9	4	7	2

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

NARWHALS — **Solution: 6 letters**

M	C	A	T	L	A	N	T	I	C	L	I	C	K	S
E	O	O	B	L	O	T	C	H	E	S	K	A	T	E
K	T	N	M	D	F	B	E	L	U	G	A	M	C	P
O	E	A	O	M	M	E	E	L	A	H	W	O	A	D
O	L	N	G	C	U	G	M	E	L	O	N	T	D	I
H	O	G	R	E	E	N	L	A	N	D	C	T	M	R
M	H	E	N	N	R	R	I	R	L	H	A	L	I	B
R	W	A	D	I	U	G	O	C	E	E	N	E	U	Y
A	O	S	L	S	V	C	N	S	A	D	I	D	M	H
R	L	I	S	I	I	I	S	O	O	T	N	U	U	T
C	B	I	Z	N	B	H	D	P	C	K	E	D	A	Ⓝ
T	A	I	U	Y	R	U	C	R	E	M	S	I	J	Ⓡ
I	N	E	T	I	H	W	T	E	A	O	L	U	U	Ⓞ
C	M	A	M	M	A	L	M	Y	N	M	O	U	T	Ⓗ
P	O	P	U	L	A	T	I	O	N	S	E	N	S	E

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Angela, Ariana, Blue, Books, Canadian, Chris, Clint, Daniel, Danny, Dominic, Elda, Fausto, Francine, French, Frex, Friends, Funny, Gary, Hug, John, Josephine, Joyce, Latin, Linda, Max, Melissa, Phillipe, Quart, Quebec, Rita, Rome, Sal, Sandy, Sauce, Sillery, Sonya, Sophie, Soup, Sue, Talker, Team, Teleword, Travel, Valentina, Wonderword, Woodbridge, Worldwide

Last Friday's Answer: Televisions

Purchase the NEW **Volume 70** in time for the holidays at www.WonderWordBooks.com, or call 1-800-642-6480. (In Canada, call 1-855-232-2367)

Mbappe scores 2, France reaches knockout stage of World Cup

DOHA, Qatar (AP) — France advanced, and Kylian Mbappe got them there.

The French became the first defending champions to reach the round of 16 at the World Cup since Brazil in 2006, beating Denmark 2-1 Saturday with Mbappe scoring both goals.

"Kylian is an extraordinary player. He has the ability to make the difference at any time no matter what the other team plans to contain him," France coach Didier Deschamps said. "In addition to his great ability he is totally invested in the team and he's made it an objective of his to win the World Cup."

Mbappe put his team in front in the 61st minute and then scored the winner with his right thigh in the 86th as Les Bleus became the first team at this year's tournament to advance from the group stage.

The France forward swapped passes with Theo Hernandez down the left flank and poked the ball past Denmark goalkeeper Kasper Schmeichel for the first goal. He then jumped acrobatically to guide in the second after a cross from Antoine Griezmann — who adapted well in a midfield role and provided his 26th assist for the national team.

Denmark defender Andreas Christensen equalized for his team with a header in the 68th.

Mbappe scored four goals when France won the World Cup four years ago, including one in the final. He now has 31 goals for France, moving him one ahead of Just Fontaine — the all-time leading scorer at a single World Cup with 13 goals at the 1958 tournament.

He joined another France great, playmaker Zinedine Zidane, with 31 goals. Zidane scored twice in the final when France won its first World Cup against Brazil in 1998 and one goal when Les Bleus lost in the 2006 final to Italy on penalty kicks.

"There are different types of leaders," Deschamps said. "Mbappe's a leader, he sets the example with what he shows on the field."

France beat Australia 4-1 in its opening game while the Danes drew 0-0 with Tunisia. The Aussies beat Tunisia 1-0 earlier Saturday.

"We're in an ideal position. It makes you feel very calm to be qualified after two games," Deschamps said. "There's a strong chance we'll finish first in the group."

No other defending champion had made it out of the group stage since 2002 champion Brazil managed to advance four years later. Italy, Spain and Germany all were eliminated early four years after winning their titles.

The first time the French won the World Cup, they also went out early four years later.

AP

France's Kylian Mbappe celebrates after scoring his sides second goal during the World Cup group D soccer match between France and Denmark, at the Stadium 974 in Doha, Qatar, Saturday, Nov. 26, 2022.

Argentina 2, Mexico 0

In Lusail, Qatar, Lionel Messi was almost in tears as he grabbed and shook his jersey in front of Argentina's celebrating fans, then blew a kiss and looked to the sky.

With one of the most important goals of his career, Messi led Argentina to a 2-0 victory over Mexico on Saturday to ignite his team's World Cup chances.

His dream of winning soccer's biggest prize in likely his last attempt is still alive.

"It's a weight off our shoulders," Messi said. "It gives us joy and peace of mind to start again."

Messi took a touch from Angel Di Maria's pass across the face of the area and drove a low shot from 25 meters (yards) into the bottom corner to give Argentina the lead in the 64th minute.

His arms outstretched, he ran toward the team's supporters who were celebrating behind the goal and was soon mobbed by his teammates. He whirled his arms in an emotional response to scoring his 93rd — and perhaps most crucial — international goal.

Substitute Enzo Fernandez added a second goal in the 87th minute, ensuring Argentina bounced back from a 2-1 loss to Saudi Arabia that ranked as one of the World Cup's biggest ever upsets.

"We lived with discomfort and kept the defeat in the opening match in our minds," Messi said. "The days were very long.

"We were eager to have the chance to turn the situation around and luckily we won."

Argentina is second in Group C ahead of its last match against first-place Poland on Wednesday, and might need to win it to advance.

"We can't let our guard down now," Messi said. "All of our matches are finals now. We can't mess up."

USA 0, England 0

In Al Khor, Qatar, Loud jeers rang around the stadium. England's fans were not happy. The United States had frustrated them yet again at a World Cup.

That's three times and counting that the teams have met on soccer's biggest stage and England is still waiting for its first win against the Americans after a 0-0 draw on Friday.

Coach Gareth Southgate had reminded his players of that record beforehand, with the U.S. famously winning 1-0 in 1950 and playing out a 1-1 draw in 2010. They didn't seem to heed his warning and didn't respond to Gregg Berhalter's young and energetic team.

England beat Iran 6-2 in its opening game in Qatar to justify its status as one of the tournament favorites. But it could consider itself fortunate not to have dropped another match to the U.S., after Christian Pulisic hit the crossbar with a first-half strike and Weston McKinnie lifted a shot over from eight yards out.

The England fans had turned up at the Al Bayt Stadium in anticipation of celebrating a win and qualification to the knockout stages with a game to play.

"I want our fans at home to have a smile on their faces and we haven't quite managed to achieve that," Southgate said. "But people are going to react how they react and I can't let that affect how I feel about the team or how the team feels.

"The objective is to qualify and we have three games to do it."

Frustrating England is one thing. But Berhalter's job is to advance to the knockout stages.

The draw sets up a match for the U.S. against Iran on Tuesday for a spot in the round of 16. Iran beat Wales 2-0 earlier and sits second in Group B with three points, one more than the Americans.

"It sets up our first knockout game of the World Cup," Berhalter said. "We win or we're out of the World Cup. That's going to be the focus for us while we are preparing the team for the next game.

"But most importantly, understanding the intensity Iran is going to bring. They played an excellent game today. Played with ton of spirit will have to be up for it if we want a chance to advance."

Poland 2, Saudis 0

In Al Rayyan, Qatar, finally! Robert Lewandowski at last scored a goal in a World Cup match on Saturday, helping Poland beat Saudi Arabia 2-0 and boosting his team's chances of reaching the knockout stages.

Lewandowski shed tears after scoring in the 82nd minute. He raced toward the corner with his arms outstretched, then stayed slumped on the field as teammates rushed to congratulate him. He got up, rubbed his face, and blew a kiss to the crowd.

"Today everything I had inside, the dreams, the importance of the occasion, all those dreams from my childhood came through," Lewandowski said. "It was so significant."

One of the best forwards in the world, Lewandowski's barren streak at the World Cup was somewhat puzzling. Now, in his fifth match at the tournament, it's over.

"I always wanted to score at the World Cup and this dream came true," said Lewandowski, who had a penalty saved in Poland's 0-0 draw with Mexico on Tuesday. "It's not easy, because we didn't have many opportunities in the first match and I missed that penalty."

Against Saudi Arabia, Lewandowski also set up the opener in the 40th minute when he kept the ball in play after goalkeeper Mohammed Al-Owais' initial block, then laid it back for Piotr Zielinski to knock in.

Lewandowski, who had no involvement in any goals in his first four World Cup games, also hit the post, and Al-Owais later denied the Barcelona player from scoring another goal toward the end of the match.

It was the one that went in that brought tears to the 34-year-old striker's eyes.

Ecuador 1, Netherlands 1

In Al Rayyan, Qatar, the young Ecuador squad followed their captain Enner Valencia to the corner of the field after he scored yet another goal for them at the World Cup.

One of the true leaders in Qatar, Valencia had leveled the score at 1-1 against the favored Netherlands to extend his streak of scoring all six of Ecuador's goals at World Cup tournaments since 2014.

The 33-year-old talisman was surrounded by teammates who joined him in a joyous circle of celebration. All were soon kneeling on the turf, some with arms around shoulders, some pointing to the night sky at Khalifa International Stadium.

It sent a powerful image of unity home to a nation which "is used to suffer and struggling," coach Gustavo Alfaro said in translated comments after a game his young team deserved to win.

Valencia was among the last to rise from the turf as teammates gave the new top scorer at this World Cup a last pat on his head and shoulder.

"He's a top-level player when he wears the Ecuador jersey. Sometimes he is criticized unfairly," Alfaro said, reminding that Valencia is the only holdover from the 2014 squad which didn't advance from the group despite his three goals.

Australia 1, Tunisia 0

In Al Wakrah, Qatar, Mitchell Duke celebrated scoring Australia's winning goal by forming a "J" with his fingers in a tribute to his son Jaxson, who was in the stands.

Coach Graham Arnold dragged injured winger Martin Boyle — on crutches — into the celebratory huddle as fans sang merrily along to Men at Work's "Down Under," blaring over the stadium speakers after the final whistle.

Later, Arnold was wiping away tears.

It was an emotion-filled day for Australia, which beat Tunisia 1-0 Saturday for only its third win in 18 World Cup matches.

Duke gave Australia the lead midway through the first half with a header.

"I actually was messaging some of my family, saying that I was going to score today, and I told my son that I was going to be able to share this moment with him and get that celebration," Duke said. "I haven't seen it yet, but apparently he did it back to me from the stadium, which was a really special moment that I'm going to treasure for the rest of my life."

Australia hadn't won at the World Cup since beating Serbia in 2010 and it means the Socceroos still have a chance to qualify for the round of 16, despite losing to defending champion France 4-1 in their opening match.

Boyle was injured a few weeks before the tournament and Arnold explained why he moved him into the team's staff as "vibe manager" in Qatar.

"To keep all the guys up, because he's one of the most fantastic blokes you'll ever meet," Arnold said. "There was no way he wanted to go home, and no way I wanted to send him home. He deserves it more than anybody for what he did in the qualifying campaign."

James' season-high 39 points lead Lakers by Spurs, 143-138

SAN ANTONIO (AP)—LeBron James picked the perfect time for his best offensive output of the season.

James scored a season-high 39 points and grabbed 11 rebounds as the Los Angeles Lakers escaped with a 143-138 victory over the San Antonio Spurs on Saturday night.

"We gave up a ton in transition, we turned the ball over, couldn't get a defensive rebound at times," Lakers coach Darvin Ham said. "But again, when you're able to score the ball, it covers up for a lot of mistakes."

San Antonio has lost eight straight, tied for the fourth-longest skid in franchise history.

James matched a career high with seven 3-pointers. He finished 11 for 21 from the field, including a booming one-handed dunk on a lob from Russell Westbrook with a minute remaining in the first half.

While James was playing in his second game following a five-game absence, Los Angeles center Anthony Davis sat out with a bruised left calf he sustained in Friday's victory over San Antonio.

"We still honed in and do what we do best," former Spurs guard Lonnie Walker IV said. "And LeBron took us home, he took us to victory."

The Lakers (7-12) have defeated the Spurs three times in a seven-game span.

Dennis Schroder had 21 points and six assists for Los Angeles. Walker had 19 points, including 13 in the fourth quarter to help seal the Lakers' fifth victory in six games.

Los Angeles opened the season losing its first five games.

"It's just a sense of you're not really sure of each other, we don't know each other," James said of the start. "But over the last couple of weeks, we continue to learn one another, we continue to play some good ball, share ball."

Keldon Johnson had 26 points and 10 rebounds for San Antonio. Tre Jones added 23 points and 13 assists, and Devin Vassell had 19 points.

After trailing the entirety of Friday's loss, San Antonio scored the game's first points on a short jumper by Jakob Poeltl. It was the Spurs' first lead since Nov. 20 against the Lakers.

"They have got great character," San Antonio coach Gregg Popovich said. "I thought they were fantastic. I am proud of them. They just keep playing. It doesn't matter what the score is, or who is there or who is not there, they are unbelievably coachable and they are trying very hard to do what we want them to do. I was just thrilled and proud of them tonight."

After shooting 6 for 33 on 3-pointers in Friday's loss, the Spurs had a season-high 18 3-pointers. San Antonio was 8 for 15 on 3s in the first half and 18 for 37 overall.

The momentum stalled when the Spurs lost two starters to right quadriceps injuries in the second quarter.

AP

Los Angeles Lakers forward LeBron James (6) celebrates a score against the San Antonio Spurs during the second half of an NBA basketball game in San Antonio, Saturday, Nov. 26, 2022

Poeltl had 12 points and nine rebounds in 10 minutes before exiting the game with 7:59 left in the first half. Poeltl felt soreness after landing awkwardly on a dunk.

San Antonio then lost rookie forward Jeremy Sochan with 4:54 remaining in the first half. Sochan took a knee to his right thigh when his layup attempt was blocked by Thomas Bryant.

The Spurs also lost reserve center Zach Collins to an ejection for a flagrant foul on Westbrook with two minutes left in the third quarter.

Suns 113, Jazz 112

In Phoenix, Deandre Ayton notched season highs with 29 points and 21 rebounds, Devin Booker added 27 points and Phoenix held on for a hard-fought win over Utah.

The Jazz led 81-78 after three quarters, but the Suns pushed ahead 99-93 by midway through the fourth. The game remained tight through the final minutes, but Phoenix never lost the lead. On top of Ayton's scoring and rebounding, he also had a crucial steal in the final minutes that helped thwart a final Jazz rally.

Ayton scored a season high for the second straight night. He poured in 28 points against the Pistons in a 108-102 win on Friday. Booker had a tough night shooting, making just 8 of 27 shots.

Jordan Clarkson scored 22 points for the Jazz. Collin Sexton added 20 while Lauri Markkanen had 15 points and 10 rebounds.

Raptors 105, Mavericks 100

In Toronto, O.G. Anunoby scored 12 of his 26 points in the fourth quarter, Fred VanVleet also had 26, and Toronto snapped a four-game losing streak against Dallas.

Chris Boucher scored a season-high 22 points and had 13 rebounds as the Raptors improved to 7-2 at home.

Luka Doncic scored 24 points and Dorian Finney-Smith had 16 as the Mavericks lost their third straight. Dallas is 1-6 on the road, with a visit to Giannis Antetokounmpo and the Bucks on tap Sunday.

Doncic, the NBA's leading scorer, shot 8 for 15, going 2 of 4 from 3-point range. He had nine assists and seven rebounds.

Rockets 118, Thunder 105

In Houston, Jalen Green had 28 points and a career-high nine assists, Alperen Sengun added 21 points, a career-best 18 rebounds and seven assists, and Houston beat Oklahoma City.

Rookie Jabari Smith Jr. had his third double-double with 15 points and 13 rebounds for the Rockets, who have won back-to-back games for the first time since beating Portland last March 25-26.

Shai Gilgeous-Alexander scored 32 points for the Thunder. Gilgeous-Alexander scored 13 of the Thunder's first 22 points of the game and has scored 30 or more in four straight games.

Cowboys, Vikings, Bills win on Thanksgiving

ARLINGTON, Texas (AP)—Dak Prescott threw two touchdown passes to tight end Dalton Schultz, Ezekiel Elliott ran for a score and the Dallas Cowboys beat the New York Giants 28-20 on Thanksgiving Day.

Rookie Peyton Hendershot had a 2-yard run for a TD before directing all three of his fellow tight ends into a giant Salvation Army red kettle for a Whac-A-Mole celebration.

The victory ended a three-game losing streak on the holiday for the Cowboys (8-3), who moved a game ahead of the Giants in the NFC East while sweeping the season series.

Prescott's TD tosses to Schultz came about five minutes apart in the third quarter, turning a 13-7 deficit into a 21-13 lead. The first was a 15-yarder on third-and-goal.

The Dallas quarterback has 10 consecutive victories over the Giants since losing to them twice when the Cowboys went 13-3 his rookie year in 2016.

CeeDee Lamb had six catches for 106 yards and set up three Dallas touchdowns. Elliott had a season-high 92 yards rushing, and the Cowboys overcame two interceptions from Prescott, who threw for 261 yards.

AP

Dallas Cowboys tight end Peyton Hendershot (89) celebrates with Dalton Schultz (86), Sean McKeon (84) and Jake Ferguson (87) after scoring a touchdown against the New York Giants during the second half of an NFL football game Thursday, Nov. 24, 2022, in Arlington, Texas.

Saquon Barkley was held to 39 yards rushing with a 1-yard TD behind a makeshift offensive line missing three starters because of injury in the third loss in the past four games for the Giants (7-4).

Bills 28, Lions 25

In Detroit, Tyler Bass made a 45-yard field goal with two seconds left to lift Buffalo past Detroit for its second victory in five days at Ford Field.

Josh Allen set up the winning kick by starting the drive with a 36-yard pass to Stefon Diggs and running twice for 12 yards. Buffalo (8-3) has won two straight to move a half-game ahead of Miami in the AFC East.

The Bills were back in Detroit after the NFL shifted their previous home game against Cleveland to Ford Field because of a winter storm dumping several feet of snow in western New York. They had to work harder for the win on Thursday than they did against the Browns. Bass was 6 for 6 on field goals in the 31-23 win over Cleveland.

Allen threw a go-ahead, 5-yard touchdown pass to Diggs with 2:40 left, but Bass missed the extra point to make it 25-22.

The Lions (4-7) converted a fourth-and-1 from midfield with Amon-Ra St. Brown's 7-yard end-around to set up Michael Badgley's 51-yarder with 23 seconds to go.

Vikings 33, Patriots 26

In Minneapolis, Kirk Cousins threw for 299 yards and three touchdowns, the last a go-ahead score to Adam Thielen in the fourth quarter to push Minnesota past New England.

Justin Jefferson had 139 yards and one of the touchdown passes from Cousins, who delivered precisely the clutch performance against a formidable defense the Vikings (9-2) needed to bounce back from a blowout loss to Dallas. That gave rookie coach Kevin O'Connell a win over Bill Belichick, who drafted him with the Patriots in 2008.

Mac Jones passed for a career-high 382 yards and two scores to snap a lagging offense to life for the Patriots (6-5), but they ran out of steam down the stretch. Their fourth quarter included two three-and-out punts, a turnover on downs at the Minnesota 39 and a desperation last drive that went nowhere.

Jones found Hunter Henry for a wide-open 37-yard touchdown pass to start the second half for a 23-16 lead. Kene Nwangwu scored on a 97-yard kickoff return to strike right back for the Vikings.

Turkey Trot age group winners bared

MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Aside from top finishers Keith Ketola and Kate Leugers, a dozen age group winners also took home turkeys courtesy of Joeten Group of Companies for topping their respective age groups in last Thursday's Mt. Tapochao Turkey Trot Run.

Quido Jambor and Kaylen Taffliger dominated the U12 division after reaching the 1,555-foot summit in 57:23 and 58:37, respectively.

Winning the U17 division were Samuel Zhu and Addalee Taffliger with times of 44:18 and 51:04.

A. Tafflinger

Spaeth

Keith Longuski, meanwhile, headlined the men in the 30-39 age group (39:07) with Pacific Mini Games silver medalist Denise Myers doing the same for the women (48:07).

In the 40-49 age group, Travis Spaeth had no equal after trotting to Saipan's highest summit in 55:50, while Rosemarie Chisato won the women's division in 54:29.

Pastor Matthew Furan topped the men's 50-59 in 53:37, while Kimiko McKagan was first among the women in the age group in 56:18.

In the over 60 category, Chong Nam Lee proved that age is only a number as the 64-year-old barefoot runner crossed the finish line in 53:29 to lead the men. Karen Buettner showed the way for the women after clocking in at 1:26.29.

Participants were all in agreement that the return of the Turkey Trot was a cause for celebration.

"The Turkey Trot climb up Tapochao was fun as always! The running community on island is wonderful, especially during this race. Everyone was so supportive, fellow runners, volunteers, and the [Northern Marianas Athletics] team were all full of encouragement. Starting the day with some physical activity always makes the afternoon feast a little sweeter," said Myers.

Furan, for his part, didn't even know that he won a whole turkey for his early morning jaunt.

"Thankful for the gift that was given. I don't run for any personal reward other than health. I was not aware that there was a turkey giveaway for top finishers. Looking toward sharing this with others over Christmas," he said.

"The Turkey Trot was a challenge but enjoyable. Pushing yourself to something that is hard and finishing it is a reward in itself. It is a lesson that we can do hard things if we try," added Furan, who is the activities director of Run Saipan.

Angela Tafflinger, the mother of the U12 and U17 girls winners, said it was certainly a pleasant surprise that her daughters topped their age groups and won two turkeys along the way.

"Those turkeys are still at Joeten as we didn't have the space for them in the freezer at the moment…The girls said that we should donate one to a family that could use it and only leave one for us."

Matansa, Hana FC trounce foes in Men's soccer

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Matansa and Hana Football Club trounced their foes last Nov. 18 during the Marianas Soccer League Fall 2022 Division B game at the NMI Soccer Training Center in Koblerville.

Chang Bai Hu lost to Hana FC via forfeit in the first game of the night, while Matansa triumphed over Old B Bank, 5-0.

Dylan Mister of Matansa secured the hat-trick after drawing first blood in the seventh minute, following it up 10 minutes later, then scoring his third goal in the second half.

Teammate Maui Johnson scored the team's two other goals in the 32nd and 48th minute to finalize their win against Old B Bank, as they couldn't score a single goal until the time ran out.

Results of the Nov. 20 men's game results will be posted in the next editions of *Saipan Tribune.*

CONTRIBUTED PHOTO
Matansa's Dylan Mister in one of their games in the Marianas Soccer League held at the NMI Soccer Training Center in Koblerville.

NMI

From Page 20

conclude, we brought our kids down for experience and that is what they got. They made friends with all the nations and the bond they created as a team is irreplaceable.

NMI U15 girls U15 national team head coach Marlene Lumabi couldn't agree more on Mercado's assessment.

"The whole U15 championship tournament is a great experience for our U15 girls. They played a total of three teams that were all at a different level which was perfect for the girls. As a coach, I've picked up a couple coaching styles from our neighboring region, ranging from warm ups, offensive plays and defensive plays."

Lumabi said the U15 girls hit pay dirt in pool play when they came back from a double-digit deficit to beat Papua New Guinea, 90-73, to finish 1-1.

The team, however, dropped its last two games against Samoa (135-26) and the same PNG team in the classification game (67-66) to finish sixth place in the six-team tournament topped by Australia. New Zealand won the silver and Samoa beat Guam for the bronze.

"For a program that recently started, we have many adjustments we will need to do. For sure, we will need to level up our workouts and practices. However, we also had a tremendous improvement with the timeframe we had," said Lumabi.

Despite the boys and girls both finishing in last place, Mercado believes that both teams didn't leave Guam empty handed.

"As the great Nelson Mandela once said, 'I either win or I learn!'"

NMIFA

From Page 20

that GFA and NMIFA's partnership for nearly two decades has allowed the two organizations to provide more opportunities for the program's stakeholders, especially the players.

Esteves and Barnhart also shared their inputs on how to strengthen the partnership between the two football organizations and they look forward to collaborating with their counterparts in NMIFA for the further promotions of their respective women's programs. ***(PR)***

CONTRIBUTED PHOTO
Guam Football Association president Valentino San Gil, center, and Northern Mariana Islands Football Association president Jerry Tan, left, affix their signatures on the cooperation agreement between the two organizations, while GFA general secretary Joseph Cepeda looks on.

MPU

From Page 20

feating Kanoa Football Club, 2-1, and topped the leaderboard with 13 points on the back of their four wins, one draw, and no losses after five games played.

Meanwhile, MPU FC Pink won third place after they defeated Matansa Football Club, 5-0.

In the girls U13 bout, SUFC garnered 21 points and won seven out of their eight games to win the top spot, while second place went to Kanoa FC Team 1, and third place went to Tan Holdings FC Team 1, respectively.

Saralu led her pack to victory after scoring six of the girls' 10 goals against MPU FC, while Caydence Masga and Addalee Taflinger scored MPU's two goals.

Brianne Echalico scored three goals and Selena Atalig scored one for SUFC.

In the other U13 girls game that day, Matansa FC beat Kanoa Tan Holdings FC Team 2, 6-0; Tan Holdings FC 2 defeated Southern United FC TEAM 2, 8-1; and Tan Holdings FC Team 1 defeated Paire 7-3.

Mbappe scores 2, France reaches knockout stage of World Cup

PAGE 17

Saipan Tribune
Sports

Turkey Trot age group winners bared

PAGE 19

NMI U15 teams learned a lot in Guam

MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

The NMI's boys and girls team won a grand total of one game in the FIBA U15 Oceania Championship Guam 2022 that concluded last Saturday at the University of Guam Calvo Field House.

But at this point, just competing in the regional competition is already a win for the Northern Mariana Islands Basketball Federation.

"The biggest lesson our kids learned at the FIBA U15 Oceania Championship was that they saw what other countries had to offer in terms of competition. The competition they saw was like no other here. They are now aware and now know what and how to prepare for the next level of competition. It was definitely an eye opener for them. A great experience despite the outcome," said NMI boys U15 national team manager Mike Mercado.

The NMI U15 boys dropped both their pool play games against the Federated States of Micronesia and Papua New Guinea. The team also lost their two classification games against the same teams (77-68 against FSM and 69-68 against PNG) to finish seventh in the seven-team field. Australia, New Zealand, and Guam finished 1-2-3 in the boys competition.

Mercado said if the CNMI really wants basketball to grow further, then the government should allocate appropriate resources for the sport.

"We have the right coaches and players on island. We just need a dedicated facility. To

See NMI on Page 19

CONTRIBUTED PHOTO

The NMI boys and girls U15 teams to the FIBA U15 Oceania Championship Guam 2022 pose for a group shot after attending a Thanksgiving Day lunch hosted by Barrigada Mayor June Blas.

MPU FC Blue, Southern United FC are U13 champs

CONTRIBUTED PHOTO

Southern United Football Club won the U13 girls TakeCare Youth Soccer League Fall Championship 2022 last Nov. 19 at the NMI Soccer Training Center in Koblerville.

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

The U13 boys of MPU Football Club Blue and U13 girls of Southern United Football Club both seized the TakeCare Youth Soccer League Fall 2022 title after winning their games last Nov. 19 at the Northern Mariana Islands Soccer Training Center in Koblerville.

While the championship went to the Blue team, the Golden Boot U13 boys trophy went to MPU FC Pink's Taiga Namai-Scoggins, while SUFC's Rosie Saralu won the Golden Boot for the U13 girls.

The boys of the Blue team rolled their way to the championship after de-

See MPU on Page 19

NMIFA, GFA strengthen ties

Rivals on the pitch, but partners in the continued development of football in the NMI and Guam.

This is how the Northern Mariana Islands Football Association and Guam Football Association's describe their relationship that gets stronger through the years, as the NMIFA and GFA continue to work together to leave a legacy to the football community of both islands.

The GFA Executive Committee, led by president Valentino San Gil, was on Saipan early this month as the group attended the ribbon-cutting ceremony for the NMIFA Expansion Project and the 68th East Asian Football Federation Executive Committee and standing committee meetings. GFA then capped its visit with the signing of a cooperation agreement with the NMIFA.

The two-year agreement signed by San Gil and NMIFA president Jerry Tan sort of formalized the two football organizations' partnership that has been going on for the last 17 years. The agreement calls for the GFA and NMIFA to share resources and expertise on the following areas: coaching, player and game development, referee training and education, sports facilities, general and technical management, strategic planning, marketing, and the various programs (youth, women's, national team, men's, and futsal) that the two associations offer.

"Even after we are gone, we hope this partnership will continue. Let's leave the NMI-Guam rivalry to the players on the pitch, but on the management and administration side, we are forever partners," said San Gil, who was joined by GFA vice presidents George Lai and Tina Esteves, general secretary Joseph Cepeda and GFA Executive Committee members Fred Alig II, Duane Pahl, Kelly Barnhart, and Gian Tenorio at the meeting with the NMIFA Executive Committee and administration and management team.

Tan, meanwhile, acknowledged how GFA played a significant role in the establishment of the NMIFA and the unwavering support NMI soccer has been receiving from its neighbor.

"It was three years before the NMIFA was even established when GFA, during the 2002 World Cup, encouraged me to start a football program in the NMI. GFA went on to send coaches and referees to Saipan to help us start. GFA has helped us every step of the way, showing us what to do and how to do it. Our bond will remain and get stronger every year, as both the GFA and NMIFA are making these efforts for our children," Tan said.

NMIFA Executive Committee member Wesley Bogdan added that the assistance that GFA has given to the NMIFA since Day 1 has been unbelievable, as he can personally attest to GFA's contributions to the growth of NMI soccer, having played on the first men's national team and now being part of NMIFA's management. Cepeda, on the other hand, said

See NMIFA on Page 19

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Guam Football Association and Northern Mariana Islands Football Association officials pose for a photo after signing a cooperation agreement early this month in a meeting at the Crowne Plaza Resort Saipan.